



My way of diet

Are you a candidate
for heart disease?

Don't eat junk
food!

Don't smoke!

Don't do drugs!

You must eat a
healthy diet!

Don't watch TV!

Watch out for
diabetes!

You must be more
active!



So much information! So many choices to be made! What does it all mean?

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steps to a healthy lifestyle



Get active for an hour or more each day



Choose water as a drink



Eat more fruit and vegetables



Eat fewer snacks and select healthier alternatives



Turn off the TV or computer and get active



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Healthy Lifestyle Habits



1. No smoking

2. Don't drink alcohol

3. No to illegal drugs

4. Eat low-fat, low-salt, high fiber diet

5. Prevent hypertension

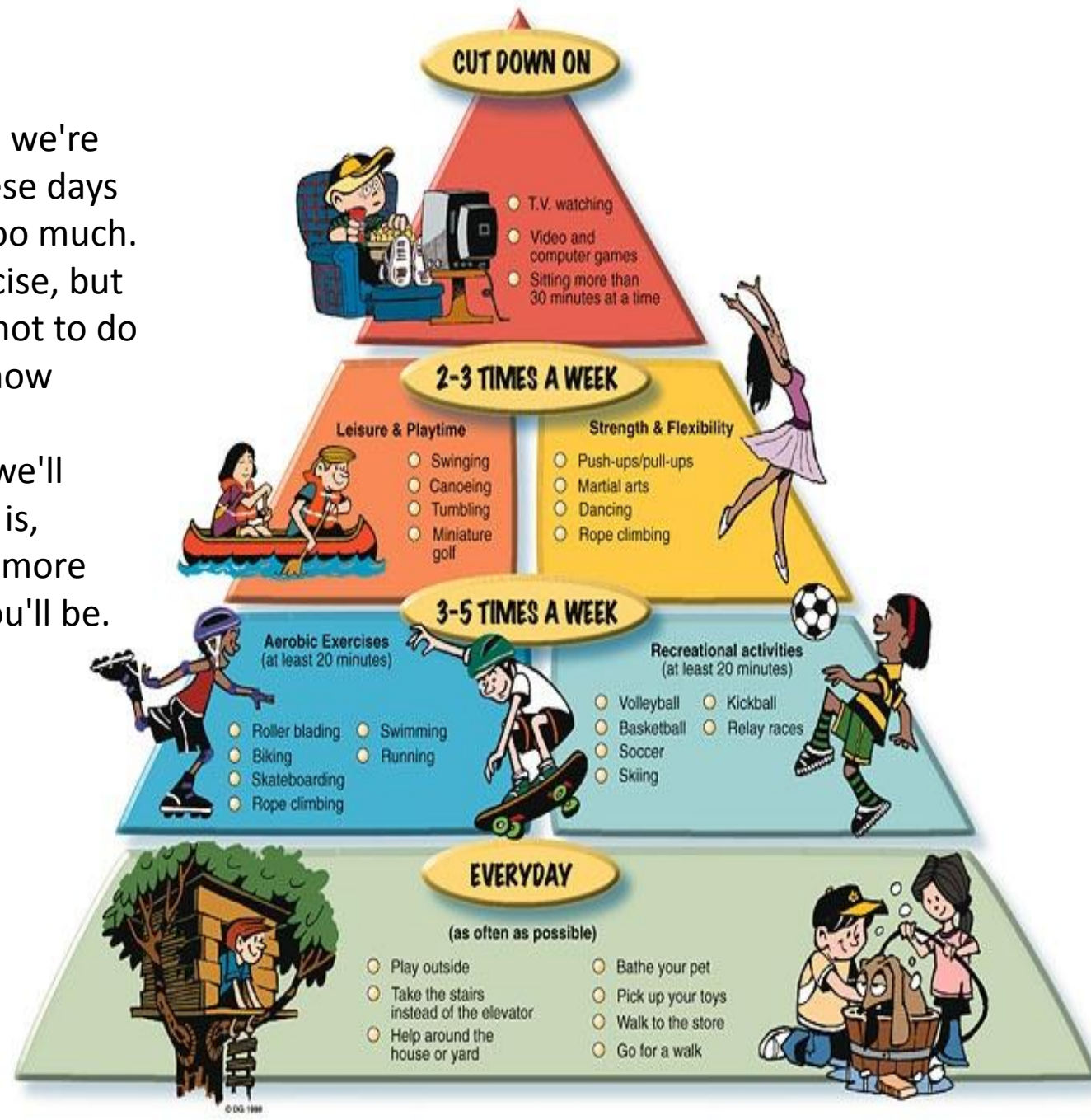
6. Do physical activity

7. Manage stress

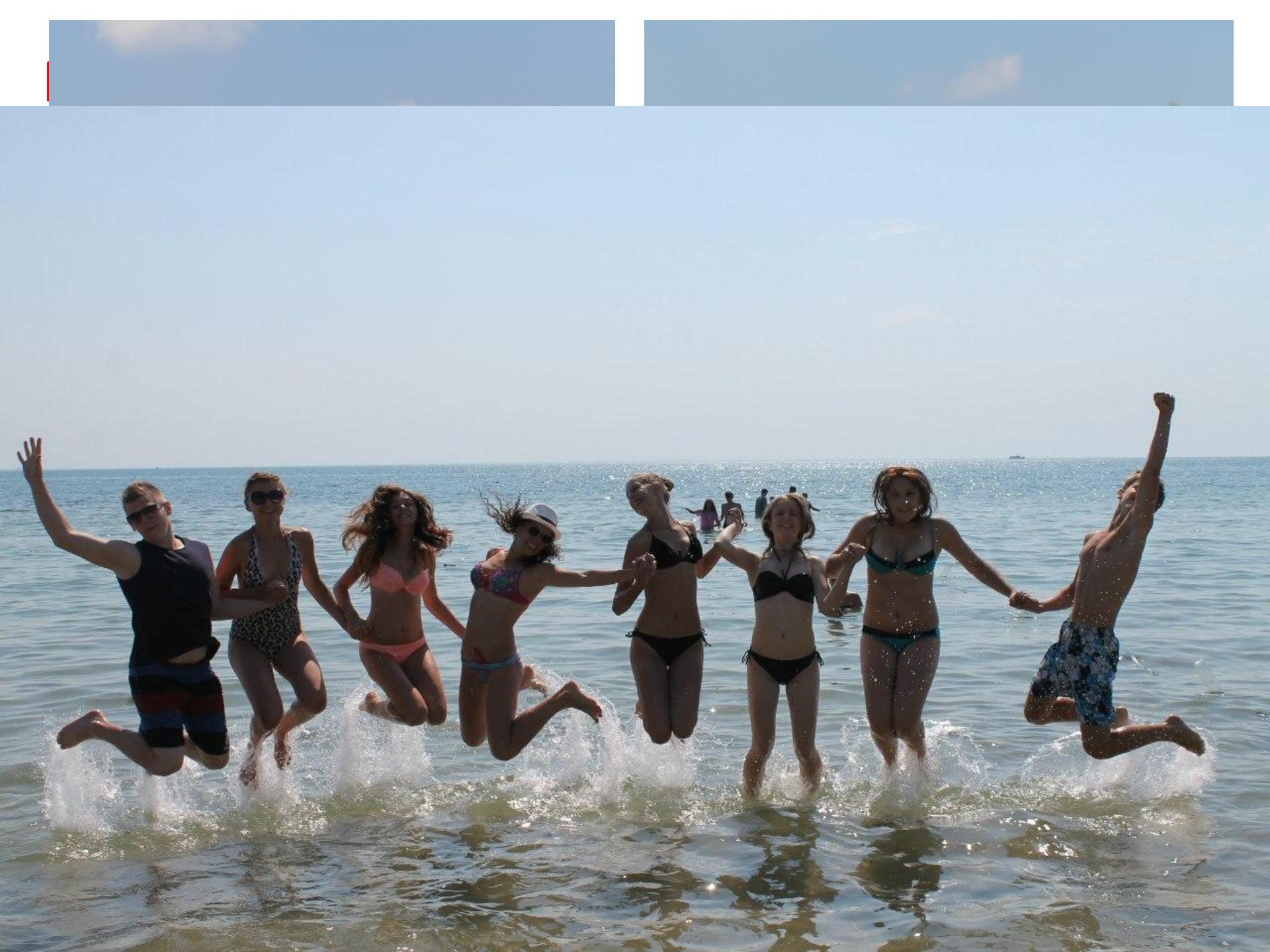


Exercises!

One of the biggest reasons we're have a weight problem these days is because we sit around too much. We know we need to exercise, but we have so many excuses not to do it. We're too busy, don't know where to start, we're not motivated or we're afraid we'll injure ourselves. The truth is, everything counts and the more you move, the healthier you'll be.







FAT, SUGAR,
WHITE FLOUR, SALT,
PRESERVATIVES,
FOOD COLORING

Dare to Compare

VITAMINS, MINERALS,
FIBER, PROTEIN,
AMINO ACIDS,
PHYTONUTRIENTS,
ANTIOXIDANTS



UNHEALTHY

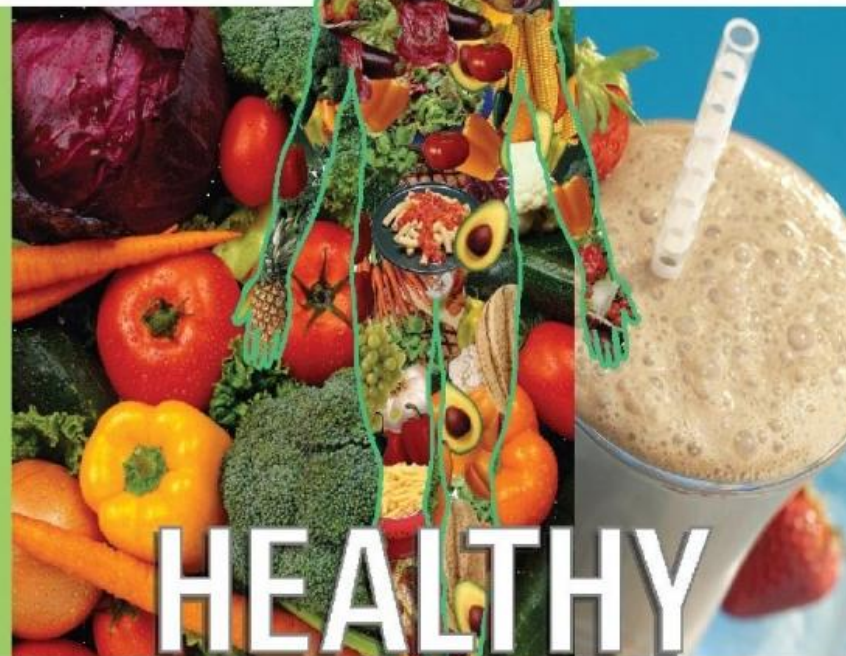
Hamburger, fries
and soda*

- 1,270 calories
- 49g fat
- 30g protein
- 70mg cholesterol

Two deluxe tacos*

- 586 calories
- 22g fat
- 20g protein
- 70mg cholesterol

Fast foods are excessively
high in calories and deficient
in nutrients.



HEALTHY

Well-balanced, nutritious
meals help you maintain a
healthy weight.

Herbalife® Formula 1
Healthy Meal
Nutritional Shake*

(1 serving of Formula 1, 8 oz.
of nonfat milk and 1 oz. of
strawberries)

- 228 calories
- 1g fat
- 18g protein
- 5mg cholesterol

*Nutritional values are estimated. For publicly available data of single food items, visit:

*Nutritional information for milk and strawberries obtained from: calorieking.com.

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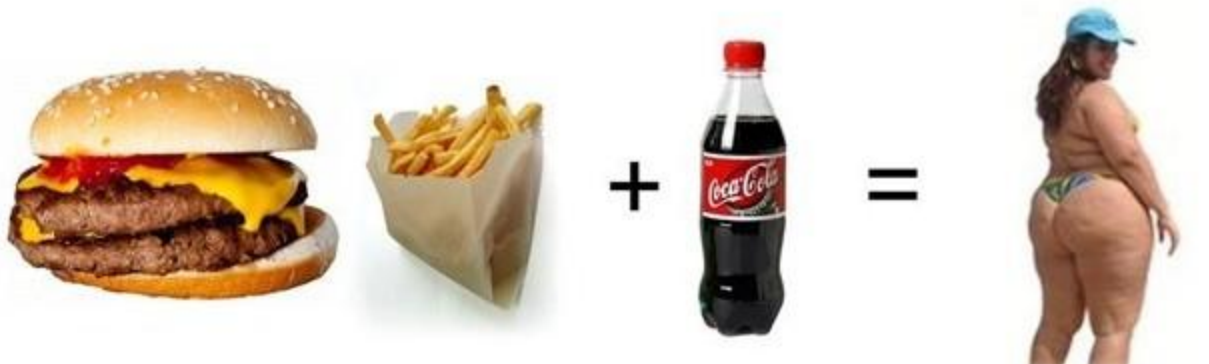
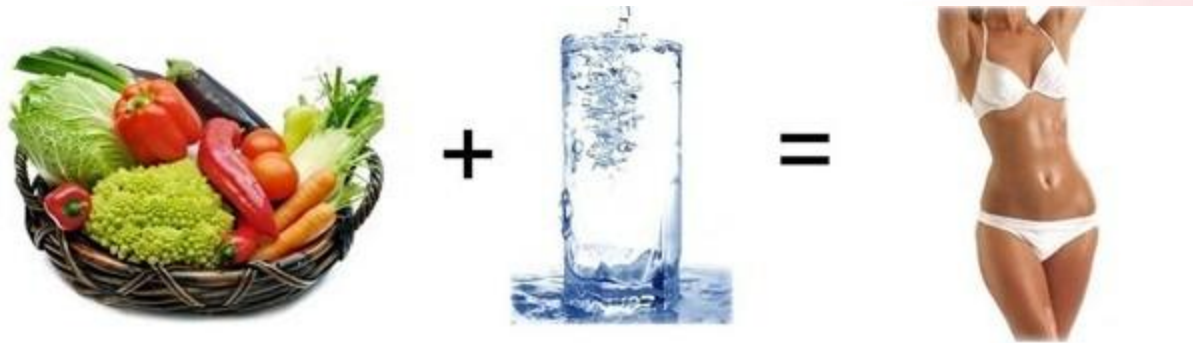
To keep fit I try to eat only healthy food. But sometimes it can be untasty.



However Mark Twain said: "The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not".

Don't forget: Early to bed,
early to rise makes a man
healthy, wealthy and wise!

And this one..





Thanks for
attention!