

# A **Healthy** Herbalife **Holiday**



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The holidays are a time for rejoicing, celebrating, visiting and renewing. They should not be a time to sabotage weight loss and maintenance.

Doctors are all too familiar with “holiday overindulgence” and many patients who visit their family physician in January blame their weight gain on the holidays.

The holidays can retain the fun and celebration without undermining 11 months of conscientious adherence to the Herbalife “way of life.”

In order to assist your customers, your family and yourself in observing a healthful lifestyle during the holiday season, we have used the acronym of the word “holiday” to impart basic principles of surviving the temptation of this festive season.

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**Keep your holiday celebrations  
healthy with Herbalife's  
Thermojetics® High-Protein, Low-Carb  
Weight-Management products.**

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**Healthy serving size.** The food is memorable and reflects the season, the religious event and family traditions, but the portions don't have to be gargantuan. Savor and enjoy, but control the portions so that they are like any other day. Remember that more is rarely better.

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**Only one indulgence.** Holidays would not be what they are if we didn't indulge in our favorite treats. The key is one indulgence. One eggnog, dessert or one serving of Thanksgiving turkey, but we don't need all of the trimmings for every dinner. Pick the one you really remember and enjoy it.

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**Leave something on the plate.** Our senses are assaulted by buffets, baskets of fruit, cakes and candy all through the season. There is no need to clean the buffet table or empty the holiday basket. The same can be true of the big meal and the ridiculously full plate. Leave something on the plate. Nobody starves because you leave something on the plate.

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**Interact rather than indulge.** For too many, the holidays focus around food and more food. The real purpose is observance, to see friends and family, converse and share news, parties and memories. It is better to spend time playing and talking rather than eating and drinking.

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**Daily exercise.** The holidays are not a time to abandon a disciplined, healthy lifestyle. There is less time working, more time at home. Vacations are great times to reinvent yourself as a more vigorous, physical person. Take the time to walk in the woods, ski down the slope or run along the beach. Don't do less, do more! This will compensate for that one indulgence.

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**Alcohol in moderation.** Moderation is the key to a healthy lifestyle. But with respect to the empty calories in alcohol, and the potential impairment of driving and even behavior, moderation is the key to good conduct and a healthy weight and lifestyle.

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**Your family traditions.** A holiday is a time to love, to celebrate, to reassess life and to focus on our national, religious or ethnic heritage. Put the meaning of the holidays ahead of the food and beverage that too often is substituted for the observance of the holiday. Each family reflects on their traditions and this means food, but there is much more to it than that. It is healthier to bring back the non-culinary parts of your holiday.

# Holiday Weight Gain Isn't a Joyous Matter

According to a recent study in the *New England Journal of Medicine*, people who gain weight over the holiday season tend not to lose it over the course of a year. This seasonal pattern sets them up for continued weight gain year after year or even obesity in the future.

Research has shown that being obese—and overweight—increases one's risk of health problems such as cardiovascular disease and diabetes. And studies have also demonstrated that there is a strong connection between diet and cancer.

People who gain a small amount of weight over the typical holiday season of Thanksgiving through January 1 are often not too concerned because they expect to lose it once the festivities are over. But as research indicates, New Year's resolutions to shape up frequently go by the wayside within a couple of months. In fact, these individuals tend to keep on gaining over the years, which sets them up for health risks that could have been avoided if they watched their diet and weight.



# To your **holiday** health

Freeze out cold-weather cravings, seasonal blues and winter weight gain with a holiday-style shake using Thermojetics® Formula 1 Protein Drink Mix or Thermojetics® HPLC Shake Mix. Celebrate your ability to resist holiday food temptations, while enjoying the ultimate blend of heart-healthy soy protein with the merry flavors of the season!

## **Harvest Caramel Apple Shake**

2 tbsp. Thermojetics® Formula 1 Protein Drink Mix, French Vanilla flavor  
2 tbsp. Performance Protein Powder  
1/4 c. applesauce  
1 c. nonfat milk  
1/2 tsp. caramel flavoring  
Dash of nutmeg

Combine all ingredients and blend until smooth.

## **Naughty or Nice Spice Shake**

2 tbsp. Thermojetics® HPLC Shake Mix, Vanilla flavor  
2 tbsp. Performance Protein Powder  
1 c. nonfat milk or soy milk or cold water  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1 c. ice

Blend all ingredients on low to combine, then blend on high setting for one minute.

## **Cappuccino-Break Shake**

2 tbsp. Thermojetics® HPLC Shake Mix, Vanilla flavor  
2 tbsp. Performance Protein Powder  
1 c. nonfat milk or soy milk or cold water  
1 tsp. instant coffee granules  
1 tsp. unsweetened cocoa powder  
1 c. ice

Blend all ingredients on low to combine, then blend on high setting for one minute.

