

physical activity 101

A diversity of benefits



You may already know that physical activity contributes to a healthy life. It causes our bodies to raise your metabolism and burn more calories (and ultimately burn fat), and contributes to healthier muscles, bones, organs, heart, and brain. On the flip side, physical inactivity has been proven to be linked to the development of several cancers, heart and cardiovascular disease, overweight and obesity, and premature death.

Some types of physical activity should be done most days of the week. While fitting exercise into our daily routines can be difficult and unattractive to many, even small efforts to increase your daily physical activity can be helpful (taking the stairs instead of the elevator, parking farther away and walking, taking walks with friends or a dog, etc.).

REV UP YOUR METABOLISM

We eat food for fuel. When we burn it for energy to run our bodies, the process creates heat. Nutritional supplements can assist the body's engine to burn fuel efficiently, helping our metabolism stay revved and functioning well.

ACTIVITY LEVEL REGIMEN TIPS

Keep your metabolism revved with these tips:

- Engage in 30 minutes of activity every day to help minimize weight gain and to raise metabolic rate.
- Tone your muscles by weight training three days a week.
- Start small—try walking with one- to two-pound weights.
- Do not eat fewer than 1,200 calories a day. Eating too little may slow your metabolism.
- Never skip breakfast. It may slow down your metabolism.
- Nutritional supplements, such as Herbalife's Total Control® and Herbal Tea Concentrate, can help boost metabolism.*
- Have a supply of protein-powered healthy snacks on hand as an alternative to carb-loaded junk food.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.