

201: 2021

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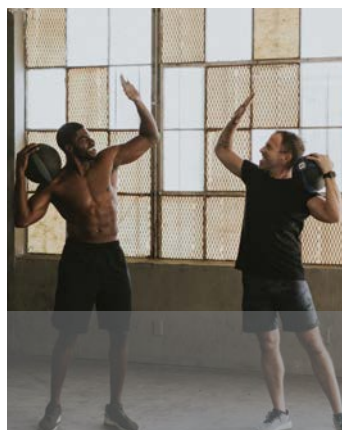


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 Herbalife Nutrition

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and Prebiotic Fibre

# MICROBIOTIC



## SACHETS OF SCIENCE



Probiotics



Prebiotic  
fibres



2g of  
fibre



# Live Well





# Your Guide to Ageing Gracefully and Healthily

By Susan Bowerman

When you're young, the thought of getting older is usually the last on your mind. But as we age, many of us look back and think: "I wish I'd taken better care of myself." It's so important to pay attention to your diet and how much exercise you do when you're young. We've put together a list of tips to help you to establish healthier habits that your future self will thank you for.

Eating is one of the few behaviours that we get to practice several times a day. This means that every meal or snack can provide you with an opportunity to reinforce your healthy diet habits, such as practicing portion control and choosing nutrient-dense foods. Every time you make the right food choices and regularly exercise, you're establishing good habits that will stay with you throughout your life.

From consuming more calcium-rich foods, wearing SPF and exercising, adequate amounts of protein and establishing a good skincare routine, it's never too late to take better care of your inner and outer health. The habits you establish now can have an influence on your health and well-being as you get older.



# my

## Three Tips Your Future Self will Thank You For

### Take Care of Your Bones

Strong bones are built during adolescence and young adulthood. That's because this is when the body's ability to store calcium in the bones reaches its peak<sup>1</sup>. This is a critical period during which you can maximise bone density. Try to get plenty of calcium in your diet (aim for 1000 mg per day) and regularly engage in weight-bearing exercise<sup>2</sup>.

When it comes to building bone mass, they're two of the best things you can do when you're younger, so that you can maintain good bone wellbeing as you age<sup>3</sup>. Weight bearing activity can help to keep bones strong and taking in adequate calcium\* every day (needs increase to about 1200 mg per day after the age of 50) can help to reduce the amount that is pulled out of storage from your bones to meet your health needs<sup>4</sup>.

### Muscle Mass and Healthy Weight

Building muscle mass can be done at any age. When you establish the right habits at a young age, you're more likely to continue those habits throughout your life. This includes consuming adequate amounts of protein\*\* and engaging in resistance exercise. The amount of lean body mass determines your resting metabolic rate, so building up muscle mass is one of the best defences you have against slow, incremental upticks in your body fat and weight as you age<sup>5</sup>.

### Maintaining Beautiful Skin

Your diet and the way you take care of your skin when you're young can affect its appearance as you age. Your skin relies on sufficient nutrients to support its internal structures that can help your skin to look plump, radiant and youthful, while drinking plenty of fluids may help to prevent dryness.

Skin damage that happens when you're young may not show up until decades later, which is why it's so important to get into the habit of taking good care of your skin now. When it comes to skincare regimens, there's so much out there, but starting a skincare routine is simpler than you think. Remember to cleanse, moisturise and regularly use sunscreen when you're young, so that you can maintain a healthy complexion as you get older.

<sup>1</sup> Ref: Okayama, Kinouchi, & Watanabe, 2021. Journal of Pediatric Nursing, 56, e55-e61.

<sup>2</sup> EFSA, EFSA Journal, 13(5), 4101. WHO, World Health Organization, 2010

<sup>3</sup> Okayama, Kinouchi, & Watanabe, 2021. Journal of Pediatric Nursing, 56, e55-e61.

<sup>4</sup> EFSA, EFSA Journal, 13(5), 4101.

WHO, World Health Organization, 2010

<sup>5</sup> Ross et al., 2014. Wolters Kluwer Health/Lippincott Williams & Wilkins, pp. 88-101

\* Calcium is needed for the maintenance of normal bones

\*\* Protein contributes to a growth in muscle mass

# Nutrition

## How to Read a Nutrition Information Label

The Nutrition Facts label can provide you with lots of useful information, but what does it mean and how can it help you to make better food choices? We spoke to our experts who told us what you should know.

### Step 1: Portion Size vs Serving Suggestion

What's the difference between a serving and a portion? A serving of food is the official amount that's listed on the label, while a portion is the amount that you actually eat. While your portion may not always be the same size as the official serving, all the nutrition information that's listed on the Nutrition Information panel does refer back to these serving sizes.

The current official serving size of a beverage is 250ml, but many drinks come in much larger cans and bottles that may contain two or more servings. If you were to drink a 500ml bottle of sweetened tea, you'd be drinking two servings, instead of one. This means that you would need to double all the information on the nutrition information panel (kcal and sugar) to work out how much you've taken in.

Similarly, for labelling purposes, a serving of potato crisps is 30g, which is about 15 individual crisps. However, if you're eating from a large bag, you're probably eating several servings without you even realising it. If you want to work out how many kcals you've consumed, you will need to count or weigh your crisps before eating them.

## Nutrition Information

**Serving: 1 Serving per pack (40g)**

### Nutritional Information

Typical Values	Per 100g	RI (%)
Energy	1591kJ 374kcal	
Fat		
Saturated Fat		
Carbohydrate		
Sugar		40%
Fibre		
Protein		
Salt		

### Tip from our Experts:

Try to weigh and measure your foods with a scale and use measuring cups until you get good at "eyeballing" your own portions. If you're keeping track of your calories, it won't do you much good if you don't know how much you're really eating.





## ● Step 2: Nutrients, Saturated Fats and Fibre

Labelling for protein, fat and carbohydrate content is provided on a per-serving basis. The same goes for sugar, fibre and salt. As with the example above, you also need to know how many servings you're consuming, so that you can estimate your intake of these nutrients accurately.

It's important to remember that the total carbohydrate listed includes all forms of carbohydrate such as sugar and starch. Below that number you may find separate listings for fibre and sugar. The listing for sugar includes added sugars as well as naturally occurring sugars (such as natural sugar in milk or fruit). With all of this in mind, it's not always easy to know where the sugar is coming from without looking at the actual ingredients list.

## ● Step 3: % Reference Intake

Another piece of information that you may see on the label is a column with "% Reference Intake." Reference Intake are standard recommended levels of intake for various nutrients that are established by the European Commission for use on food labels. The information in this column tells you what percentage of the recommended intake for each nutrient is found in a serving of food.

Keep in mind that these values are based on a 2000 kcal diet, which means they may not apply to everyone<sup>1</sup>. But even if a 2000 kcal diet doesn't apply to you, you can still use the % Reference Intake to see if a particular food is high or low in a nutrient you are interested in.

<sup>1</sup> Ref: EC, Official Journal of the European Union, 2011, L304/18

# Protein Chips

**50% Less Fat**

than fried potato chips

**High in Pea Protein**  
**Gluten-Free**



**TRY  
NOW**



# Eat Right





# Vital Foods



# Nutrition Trends

**The latest nutrition trends are pretty easy to spot. We often hear about new food and diet trends from friends, family, social media and soon there's a whole host of new food products on the grocery shelves. When it comes to food trends, which ones really can benefit our wellbeing and which ones are a fad?**

Our Senior Director for Worldwide Nutrition Education and Training, Susan Bowerman, attended the annual Academy of Nutrition and Dietetics in Atlanta, Georgia to spot the latest nutrition trends for 2021. Here's what she found out. This is always a fun and interesting meeting to attend – not only for the educational sessions, but also because you can view and sample hundreds of new food products from different vendors under one roof. These are my top three trends from this year's meeting that you should keep an eye out for.

# 1

## **Protein Snacks**

One of the most obvious food and nutrition trends at the meeting was protein. Many of the vendors that I spoke with were eager to tell me how much protein was in their products – especially in snack foods! I was really happy to see this because it suggests that we may be starting to move away from the idea that snacking is bad and that well-balanced, healthy snacks now have their place in our cupboards.

Snacking has got a bad reputation because many people associate snacking with “snack foods” that offer little nutritional benefit. Snacking is often considered bad because it's viewed as something we do primarily for entertainment and not as a way to boost our intake of vitamins, minerals or protein.

A healthy snack that contains protein can serve a number of important purposes. It can help to keep hunger at bay<sup>1</sup> in between meals and it also provides you with another ‘eating opportunity’ to sneak more nutrition into your day.



## 2

**Gluten-Free is Here to Stay**

Whether or not people need to go gluten-free, the gluten-free trend could help to add more variety and nutrition to your diet. Since the primary source of gluten in the diet is wheat, this trend is introducing us to all kinds of interesting grain alternatives such as quinoa, buckwheat, millet, teff, amaranth and foods made from them. This is a great way to add variety to your diet, as every plant offers up its own unique set of nutrients, you'll also be getting a wider range of vitamins, minerals and phytonutrients.

However, there is one thing worth considering: gluten-free doesn't necessarily mean low-calorie. Many people have mistakenly jumped on the gluten-free bandwagon, assuming that it was a straight path to weight loss. 10 or 15 years ago, that might have been true as there were so few gluten-free products available that avoiding gluten meant (in essence) avoiding wheat and everything that was made from it. Back then a gluten-free diet consisted primarily of fruits, vegetables and protein – and less refined carbohydrates – so many people followed it.

## 3

**The “Good” Bacteria**

There is an intense research interest focused on the gut microbiome. From what I saw at the meeting, you'll probably be seeing more and more products that are designed to support the growth of these “good” bacteria.

Fermented foods can be the way we get these good bacteria into the gastrointestinal system<sup>2</sup>. Most people are familiar with fermented dairy products (such as yogurt and kefir) as sources of these bacteria. I also sampled something new: a cultured (fermented) cottage cheese. There were also packaged fermented beetroots and carrots.

<sup>1</sup> Njike, et al., 2016. Adv Nutr, 7(5), 866-878

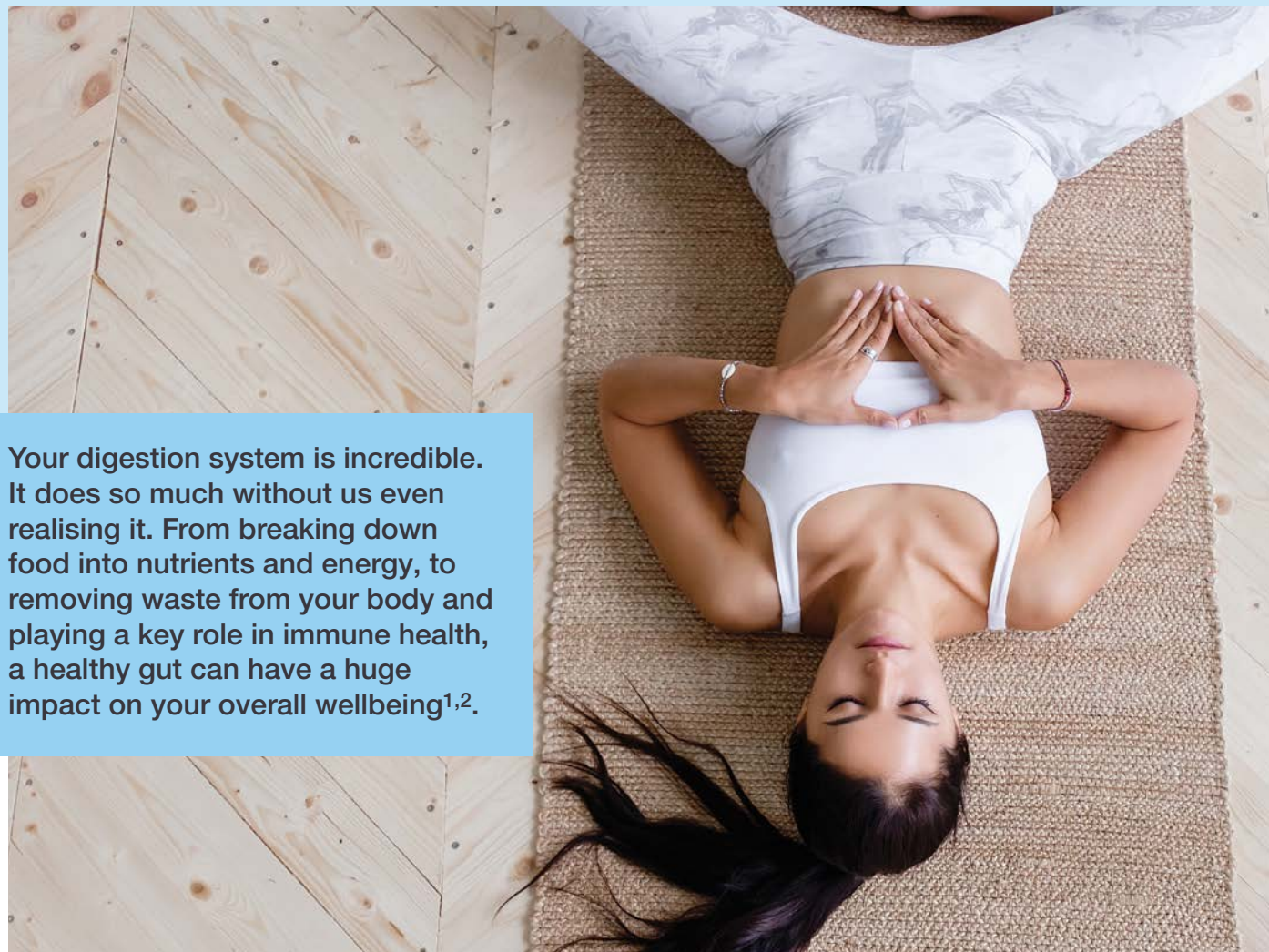
<sup>2</sup> Ref. Dimidi E, et al. Nutrients. 2019 Aug 5;11(8):1806.





# Healthy Digestion. Healthy You.

By Susan Bowerman



Your digestion system is incredible. It does so much without us even realising it. From breaking down food into nutrients and energy, to removing waste from your body and playing a key role in immune health, a healthy gut can have a huge impact on your overall wellbeing<sup>1,2</sup>.

**What you eat and the way you live your life can influence the wellbeing of your digestive system<sup>3</sup>.**

A nutrient-rich, balanced diet can help to nourish all of your body's cells, including those in your digestive tract. Your brain and your digestive tract are in constant communication with each another through a series of signals. An incredible amount of information passes between your gut and your brain, so much so that the nervous system residing in your digestive tract is often called the body's "second brain".

On top of that, your gut microflora play an important role in immunity and the cells lining your digestive tract act as physical and biological barriers against microbial invaders<sup>2</sup>. All these systems help to protect your body against bacteria and viruses that could make you sick.





## Are you doing enough to take care of your digestion system?

We've put together some tips to help you achieve optimal gut wellbeing.

### Fibre, Fluids and Digestive Health

One of the most important things you can do to take care of your digestive health, is to make sure that you are consuming enough fibre\*. The average person should consume 25-30g of fibre a day<sup>5</sup>. When it comes to fibre, most people think of it as the substance that helps to keep the digestive process moving – and certain fibres do just that\*. But not all fibres work the same way, which is why we often talk about two types of fibre. Insoluble and soluble fibre can act in different ways.

Your digestive system is home to trillions of microorganisms and is also made up of thousands of species<sup>6</sup>. This bacterial colony is called the gut microbiota. The gut microbiota is like a powerful ecosystem that contains good and bad bacteria. Every single person's gut microbiota is unique to them and their health needs.

You can introduce beneficial bacteria into your system, by consuming probiotics that can be found in certain foods. These include yogurt and kefir, pickles, sauerkraut, miso paste and olives<sup>7</sup>.

### Exercise, Stress and Digestive Health

Regular exercise can help to support digestive health in a number of ways. As your muscles contract and your breath deepens during exercise, your intestinal muscles are stimulated, which in turn helps to move food through your system<sup>8</sup>.

It's common knowledge that exercise is a good way to reduce stress, but it can also help to soothe and ease digestive upsets that can occur in response to negative emotions<sup>9</sup>.

The connection between your brain and gut, is something you've probably experienced in the form of a "gut reaction". When stress or anxiety strikes, your brain sends a signal to your gut – and the next thing you know you've got a churning stomach.

The signals also travel in the other direction: from gut to brain. When something in your digestive system isn't quite right, an alert is sent to your brain before you even realise that anything is wrong. This brain-gut connection suggests that it is vital to take care of your digestive system, as it may have an impact on your well-being<sup>4,10</sup>.



<sup>1</sup> Boland M. J Sci Food Agric. 2016 May;96(7):2275-83.

<sup>2</sup> Yoo JY, et al. Microorganisms. 2020 Oct 15;8(10):1587.

<sup>3</sup> Conlon MA, et al. Nutrients. 2014 Dec 24;7(1):17-44.

<sup>4</sup> Cryan JF, et al. Physiol Rev. 2019;99(4):1877-2013.

<sup>5</sup> Ref. Van Horn L. Circulation. 1997 Jun 17;95(12):2701-4.

<sup>6</sup> Sender R, et al. PLoS Biol. 2016 Aug 19;14(8):e1002533.

<sup>7</sup> Dimidi E, et al. Nutrients. 2019 Aug 5;11(8):1806.

<sup>8</sup> Cronin O, et al. Curr Opin Gastroenterol. 2016 Mar;32(2):67-73.

<sup>9</sup> Ref. Childs E, de Wit H.. Front Physiol. 2014 May 1;5:161.

<sup>10</sup> Galland L. J Med Food. 2014 Dec;17(12):1261-72.

\* Oat grain fibre contributes to an increase in faecal bulk

# Recipes



## Tomato and Mushroom-Flavoured Salsa Toast

Serves 1 | Preparation time: 10 minutes  
Cooking time: 5 minutes

2 scoops (26g) F1 Savoury  
300g fresh tomatoes, roughly chopped  
1 garlic clove, finely chopped  
1 (50g) red onion, finely sliced  
1 red chilli, sliced  
2 tbsp each of chopped fresh coriander, mint and basil, plus extra to garnish  
2 limes  
50ml water  
2 slices (60g) Wholemeal bread  
Black pepper

### Method:

**1.** Mix together the tomatoes, garlic, red onion, chilli and herbs in a large bowl. Season with black pepper and mix thoroughly. Allow to stand for 5 minutes.  
**2.** Zest the limes into a bowl, then add the juice and mix in the F1 Savoury and 50ml of cold water thoroughly. Mix the F1 Savoury mixture into salsa, then toast the bread and cut into triangles. Serve the salsa with the extra herbs to garnish and the toast.

Protein	Kcals	Fibre	Fat	Carbs	Sugar
20g	311	14g	5g	47g	16g

Per Serving.\*

\* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label

## Mushroom-flavoured Cheese and Dill Muffins

Serves 4 | Preparation time: 10 minutes  
Cooking time: 25 minutes

2 scoops (26g) F1 Savoury  
90g wholemeal flour  
1 tsp baking powder  
1 egg  
80ml skimmed milk  
80g Half-fat Mediterranean- style salad cheese, chopped  
2 tbsp chopped fresh dill  
Black pepper

Protein	Kcals	Fibre	Fat	Carbs	Sugar
12g	162	3.6g	4.6g	18g	1.6g

### Method:

**1.** Preheat the oven to 180°C, gas 4 and line a muffin tray with four paper muffin cases or baking paper squares.  
**2.** In a large bowl, mix together the F1 Savoury, flour, baking powder, egg and milk until completely combined and then season with pepper. Mix in the cheese and dill, and divide the mixture between the muffin cases and bake for 20-25 mins until risen and golden. Allow to cool and serve.

\* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label

\*\* Please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.





## Creamy Mushroom-Flavoured Pasta

Serves 1 | Preparation time: 5 minutes

Cooking time: 20 minutes

2 scoops (26g) F1 Savoury  
1 tbsp cornflour  
100ml skimmed milk  
½ lemon, zested  
40ml water  
55g wholemeal penne pasta  
25g half fat creme fraiche  
2 tbsp chopped flat leaf parsley  
Black pepper

Protein	Kcals	Fibre	Fat	Carbs	Sugar
22g	388	12g	8.3g	57g	8.7g

\* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label  
\*\* Please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

## Method:

1. In a saucepan, mix together the F1 Savoury and cornflour, then mix in 4 tbsp of the milk. Stir in the remaining milk gradually, continuing to stir, then add the zest and juice of the lemon, as well as 40ml water. Season with pepper and cook on a medium heat, stirring constantly for 1-3 mins, until thickened, smooth and hot.
2. In the meantime, put the penne in a separate saucepan and cook for 10-12 mins or until cooked to your liking. Drain then add to the pasta sauce. Mix through the crème fraiche and parsley, then serve immediately, sprinkled with more pepper.



## Oven-Baked Mushroom-Flavoured Falafel

Serves 1 | Preparation time: 10 minutes

Cooking time: 20 minutes

2 scoops (26g) F1 Savoury  
120g chickpeas, drained  
1 egg white  
1 tsp cumin seeds  
1 tsp ground coriander seeds  
1 tbsp each of chopped fresh mint and coriander, plus extra to garnish  
½ lemon, zested  
25g low fat natural yogurt  
Black pepper

Protein	Kcals	Fibre	Fat	Carbs	Sugar
26g	268	8g	8.4g	26g	3.7g

## Method:

1. Preheat the oven to 200°C/gas 6 and line a baking tray with baking paper. Put the F1 Savoury, chickpeas, egg white, cumin seeds, ground coriander seeds, chopped herbs, olive oil and juice of the lemon into a food processor. Season with pepper and blend until smooth.
2. Spoon the mixture onto the prepared tray to make six oval shapes. Bake for 15-20 mins until golden and cooked through. Allow to cool slightly, then serve, garnished with the extra herbs, lemon zest and yogurt.

\* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label  
\*\* Please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

## Get Creative and Send Us Your Recipes!

Send your recipe with your name, country and your recipe's photo to: [TodayMagazine@Herbalife.com](mailto:TodayMagazine@Herbalife.com)

# 4 Great Add-Ins for Your Shakes



## Fat-Free or Low-Fat Dairy Boosters

like cottage cheese, ricotta cheese or yogurt provide extra protein along with calcium.

One-third cup (100g) low-fat cottage cheese, ricotta or low-fat Greek-style yogurt adds about 10 grams of protein (USDA).

The Boost: Protein and Minerals

## Spices

Try a dash of sweet cinnamon, nutmeg, allspice or clove, or add some spicy heat with ginger.

The Boost: delicious natural smell and flavours



## Nut (Butters)

such as almond, walnut or pistachio contain some minerals contain minerals such as Copper, along with protein and fibre, along with protein and fibre (USDA).

The Boost: Protein, Unsaturated Fats, Fibre and Minerals

## Avocado

adds a silky-smooth add-in to smoothies, and provides the same unsaturated fats found in olive oil along with some vitamin E (USDA).

The Boost: Unsaturated Fats, Fibre, Vitamin E

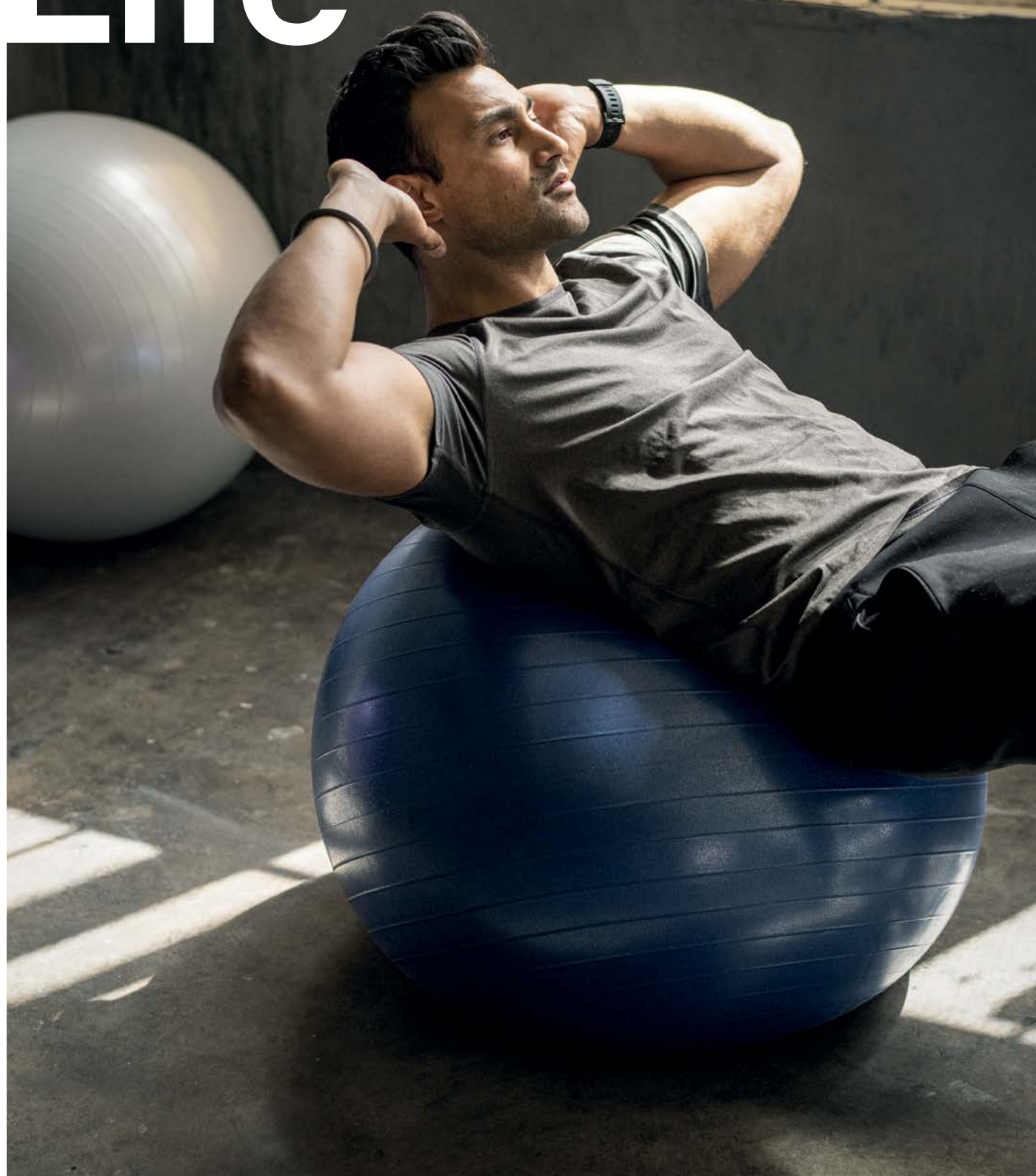


When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please check carefully the instructions on the product label. because F1 shakes prepared with adding cannot be considered as meal replacement.

USDA. FoodData Central. Retrieved 10-03-2021, from US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory <https://fdc.nal.usda.gov/fdc-app.html#/>



# Active Life



# Fitness Motivation For Men of All Ages

Getting fit and staying active requires discipline and commitment to achieving your personal goals. At different stages of our lives, certain fitness goals may feel like they are harder or easier to achieve than others. We've put together a short list of tips to help you prioritise your health and well-being.

When men are in their late teens and early 20s, they often find that building and maintaining muscle mass is easier to do, with many noticing results soon after starting a new workout plan. However, as men enter their 40s and 50s, it may take longer to see results, with many finding that building muscle takes more focus and dedication than it did when they were younger. This could be due to the fact that in the latter part of their teenage years and well into their late 20s, their testosterone levels were at their peak, which made it easier for their bodies to build muscle<sup>1</sup>.

Here are three tips to help you get the best results and achieve your personal fitness goals:

1

## Be Specific

It is important to adapt your training and your mindset to match the goals that you want to accomplish. If you want to build muscle, you must train in a way that places significant stress on your muscle fibres in order to stimulate growth. This means that, as your workouts start to feel easier, you must increase the amount of weight that you lift. If you want to improve your cardiovascular fitness, you must follow a similar approach. When it feels too easy, up your game.



2

## Set Your Expectations

We are all unique individuals with different genetics, physical skills and personalities who are driven by different levels of achievement motivation. Achievement motivation is best described as a way of considering how a person is driven by their need to succeed, what lengths they are willing to go to and what obstacles they are willing to overcome in order to achieve their personal goals. Stay motivated and push through tough training days by setting goals that you know are within your reach.



<sup>1</sup> Traustadóttir et al., 2018. The Journal of Clinical Endocrinology & Metabolism, 103(8), 2861-2869.



## 3

**Be Accountable**

At the end of every week, take a moment to review your expectations and motivation as you train. This will help you to adapt your training routine based on your results. If you can, try to get a friend or loved one to join with you. They can help to motivate you, encourage you and keep you on track.



## Fitness

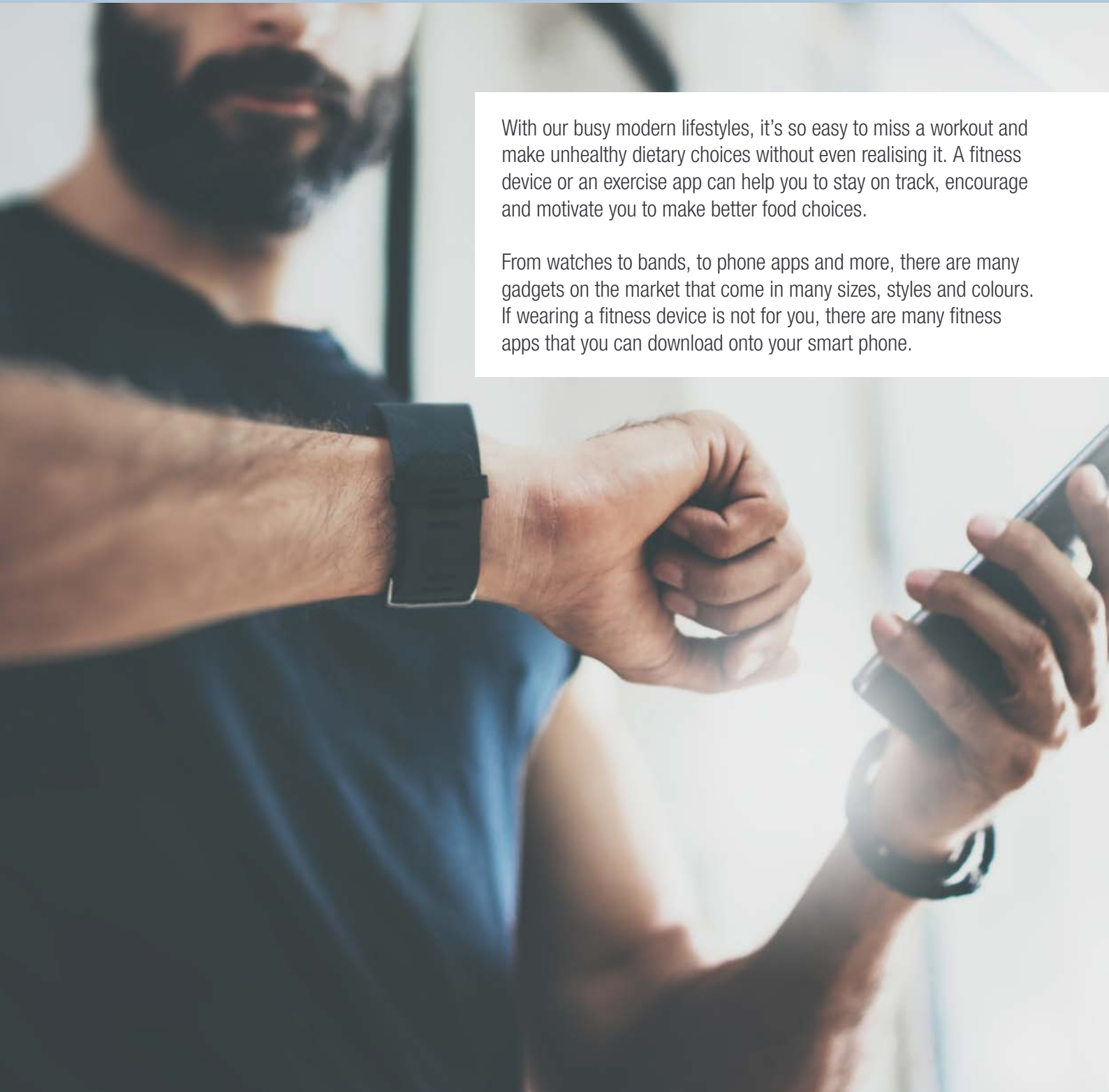
The good news is that no matter what stage of life you're in, your body has the ability to adapt and improve. Even if you're busy, you can find ways to train and get the best results from your fitness plan. Remember to always celebrate your 'mini victories' no matter where you are on your journey to achieving your fitness goals.

# Leverage Technology to Enhance Your Fitness

Technology can be a gift and a curse. It makes our lives easier and keeps us connected, but it also keeps us seated. Living a sedentary lifestyle can make you gain weight, lose important joint mobility and make you feel tired. But technology can also help us to get fit and healthy!

With our busy modern lifestyles, it's so easy to miss a workout and make unhealthy dietary choices without even realising it. A fitness device or an exercise app can help you to stay on track, encourage and motivate you to make better food choices.

From watches to bands, to phone apps and more, there are many gadgets on the market that come in many sizes, styles and colours. If wearing a fitness device is not for you, there are many fitness apps that you can download onto your smart phone.





## Getting Started With Fitness Technology

A good way to start improving your fitness level is by walking. Use a simple pedometer that clips to your waistband and see how many steps you take in a day. A healthy goal to try and reach is 10,000 steps per day. Why 10,000? The magic number “10,000” dates back to a marketing campaign in Japan that began before the 1964 Tokyo Olympic Games. A company began selling a pedometer called the Manpo-kei: “man” meaning 10,000, “po” meaning steps and “kei” meaning metre<sup>1</sup>. It was extremely successful and the number seems to have stuck since.



### Be Accountable

There are some fitness devices that have the ability to reward you for your efforts, by buzzing once you have hit your target for the day, while others send you a positive message to let you know you have met your goal. It can be an incredibly effective way to stay motivated, feel positive and keep exercising.



### Track Your Nutrition

Wherever you are on your fitness journey, it's so important to keep track of your nutrition. The more active you become, the more attention you need to pay to your daily nutrition. There are some great apps that you can download for free to your smart phone that will help you to track your daily calorie consumption and make healthier choices.



### Get Competitive with a Challenge

A fun way to get more active is by taking part in a challenge. There are many apps that can let you challenge family members or complete strangers online. Why not learn a dance routine or try a 30-day squat challenge? Exercising with your friends or loved ones can help you to feel motivated, excited and more likely to complete your challenge.



### Improve Your Performance

Once you have started your fitness journey and are keeping track of your activity levels, why not use fitness technology to enhance your workouts and get better results? You can train more effectively by using pieces of tech such as a heart rate monitor or smart watches that can monitor your heart health, sleep, daily step count and even your stress levels.

<sup>1</sup> Bassett, et al., 2017. Sports Med 47, 1303–1315

# Interview with World Champion Deyna Castellanos



Of Atlético de Madrid  
Sponsored by Herbalife Nutrition

## **When did you first get hooked on football?**

I grew up in Maracay, Aragua, Venezuela. When I was 5 years old, I began to play football because I accompanied my brother to his training sessions. I was very young and at that time they couldn't leave me alone at home. I simply began to run with a ball. I soon realised that I enjoyed following my brother around because he played football and I wanted to be a footballer too.

## **What did playing for the Venezuela national team in the World Championship mean to you?**

Being selected for the national team is one of my proudest moments to date. I have to say that representing my country is the most fantastic feeling I have experienced so far. It's one of the things I enjoy doing most and I feel proud of it. For me, the 2014 World Championship in Costa Rica was when I first realised that people have started taking note of my progress as a professional football player. I also felt like I did very well in the 2016 World Championship. My confidence as an athlete has increased significantly since the 2014 Championship. It makes me feel proud to have the unique experience of playing in an international championship; few have the chance to say this, and I'm one of them.



### **Do you feel that you fulfilled a dream when you signed up for Atlético de Madrid?**

Yes, when I joined the Atlético de Madrid's women's team. Without a shadow of a doubt, it was a dream come true – being able to join such a prestigious club like Atlético, a club with such high values, which of course, comes with great responsibility. For me, being in this club that represents so much in women's football, and in international football, makes me feel very proud to represent its colours.

### **What does it mean to you to be a member of the Herbalife Nutrition Team?**

In a certain way, being part of Herbalife Nutrition is also a dream come true. It's a brand I noticed when growing up, it goes hand in hand with top athletes and teams, it makes a real difference and it helps me a lot. For me, being part of this family is amazing.

### **How important has it been for your career to rely on good nutrition?**

Proper nutrition is really important. I hadn't realised this until about 6 months ago when I tried it. The improvements I've seen in my physique and performance have been significant. I feel like I've reached my top form, and I love it. Herbalife Nutrition has been part of it. I would say the nutrition aspect is extremely important and forms a solid foundation when you are training to be a top performing athlete.

“ I feel like I've reached my top form, and I love it. Herbalife Nutrition has been part of it. ”

### **How do you incorporate Herbalife Nutrition® products into your routine?**

In my routine, what I use mainly are the post-work-out products. These are the ones that help me most because I think they're essential after burning so many calories and so much energy to be able to recover quickly with a balanced protein intake.

### **What are your next ambitions with your club and with Herbalife Nutrition?**

I hope to win all the cups with Atlético de Madrid and to improve my personal performance to help the team achieve amazing results. I am also counting on Herbalife Nutrition to support my nutrition goals so that I can continue to grow as an athlete in a sustainable way.

### **What advice would you give women who day after day follow their dreams?**

Continue doing what you are doing and never stop. The truth is that the world is a better place, thanks to we women who are empowered, strong and driven. I hope that if we support each other so that when one stumbles, another lends a hand, and that we continue to progress and create a better world.



# Beauty Notebook





# Collagen Skin Booster

Backed by Science  
with Proven Results



Healthy-looking skin starts from within. Take care of your complexion with **Collagen Skin Booster!** It's a strawberry and lemon-flavoured beauty drink that is high in key vitamins and minerals to support healthy skin, hair and nails.\* It also contains high-grade collagen peptides called Verisol® P, that are scientifically proven to improve skin elasticity and reduce eye wrinkles after 4 weeks.\*\*

This is expert nutrition for your skin. Backed by science using Verisol® P with proven results.

\* Biotin, Iodine, vitamin A and Zinc contributes to the maintenance of normal skin.

Biotin, Selenium and Zinc contributes to the maintenance of normal hair.

Selenium and Zinc contributes to the maintenance of normal nails

\*\* Results shown on eye wrinkles and skin elasticity after 4 weeks

# 9 Steps for a Natural Beauty Look

This year trends like skinimalism, slow beauty and the 'no make-up' look are set to take over many of our beauty routines. The trick to mastering this look is about using make-up sparingly and strategically, to highlight your naturally beautiful skin and best features.

It's no coincidence that for the last few years runway models have been appearing deliberately barefaced. It's a trend that's here to stay. The latest look shows models with beautifully enhanced brows and an ethereal glow. These "barefaced beauties" have decided to emphasise clean, fresh skin and have adopted a natural beauty approach when it comes to cosmetics.

Natural beauty techniques can highlight the areas you like and downplay the areas you don't. It's all about allowing your natural complexion to shine through. If you want to go for a natural look, start by taking a good look at yourself in the mirror. Take careful stock of your features. Think about the final look you want to achieve.

## Here's how you can achieve a luminous natural look:

### Start with a Clean Base

The first step towards a natural look is to start with a fresh, clean face. Choose a facial cleanser that is best for your skin type. Massage it into your skin and then wash thoroughly using warm water. Pat your face dry with a clean towel and make sure that you have removed all traces of make-up. Even the slightest bit of leftover make-up residue, especially around the eyes, can drag your look down.

### Exfoliate and Moisturise

Exfoliating is a great way to look after your skin. It works by removing any excess dry skin from the surface of your skin to help give you a more youthful glow. You should aim to exfoliate your skin once a week. After exfoliating, it's important to moisturise your skin so that it doesn't look dull or dried out. Moisturised skin may absorb skin care products better and make-up will go on smoother and may look fresher throughout the day. Use a daytime moisturiser with SPF to keep skin hydrated and protected during the day and a rich replenishing cream at night.

### Go Light with Coverage

When it comes to skinimalism, less is always more. For a naturally sheer and dewy look, use tinted moisturiser instead of foundation. Use your fingertips to apply in small areas, starting with the centre of the face and working your way to the outer edges of your face. If you use solid or liquid foundation, apply it with a brush, stroking from the centre of the face outwards and blending well.



## Bronzer and Blusher

Use a bronzer and/or blusher to emphasise features. Bronzers provide a warm sun-kissed tone to skin and a great way to create a natural glow. The most important thing to remember with bronzers is that less is more. You can either dust bronzer along your T-Zone and cheekbones or you can add a light layer to your entire face. Apply bronzer lightly to the areas that are most frequently in the sun's glow such as the bridge of your nose, cheeks and forehead. For a fresh-faced look, gently add some blusher on top of the bronzer.



## Illuminators

Illuminators or highlighters contain reflective ingredients, such as mica or other minerals, to catch the light. If you want to find your best features to highlight, step into the natural light to see what parts of your face capture the light. Maybe it's your cheekbones, bridge of your nose, chin or your cupid's bow. Start off with a very small amount and increase as needed using a large Kabuki or stippling brush.

## Concealer

First, make sure your concealer matches your skin colour. You may need a lighter shade for underneath the eyes or use a concealer with blue undertones. It's important to dab concealer on blemishes, spots and red areas, not around, to prevent a halo effect. Gently blend using your fingers or a concealer brush to achieve a natural look.

## Eye Make-Up

The no make-up look draws attention to your eyes by accentuating their colour and shape. Swap liquid eyeliner for an eye pencil in a velvety brown and do what's called tight lining. Start by gently applying your line directly in between your eyelashes and on the underside edge. Use a brush to carefully lift your lid and draw the pencil across the underside edge. Complete the look by curling your lashes with an eyelash curler and applying mascara.



## Eyebrows

Eyebrows have been a big beauty trend for the last couple of years and for good reason. Well-groomed eyebrows frame our faces and can even complement our facial bone structure, so it's important to take care of them. First, get them in shape and clean up stray hairs. Use a soft eyebrow powder and a small brush to carefully fill in any bare spots with a subtle colour that matches the natural colour of your brows. Finish with a brush-on gel to keep your brows looking perfect all day long.

## Lips

It can be challenging to find the perfect nude lipstick. One way is to find a shade of lipstick that is the same colour as your tongue. It sounds crazy but it looks very natural with a bit of a punch. Avoid shiny gloss or chalky lipsticks and use a neutral or sheer gloss that's a few shades darker than your natural lip colour. Apply it straight from the bullet by gently dabbing it onto your lips. Wait a few minutes and then blot it – it should leave a hint of colour that really looks like your bare lips.



SUSTAINABILITY


# SMALL ACTIONS **BIG IMPACT**

Even our Formula 1 canister  
is losing weight!

Globally we have  
**removed 1.4 million kg**  
of plastic from our  
Formula 1 canisters.





A man and a woman are sitting on a black gym floor. The woman is in the foreground, wearing a maroon sleeveless top with a 'HERBALIFE 24' logo and black leggings with a white 'RVCA' pattern. The man is in the background, wearing a black tank top and blue shorts. A thick rope hangs from the ceiling on the left.

**Do you know someone who  
could benefit from leading a  
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It's easier than you might think to get  
started as a Herbalife Nutrition Member.

Speak to your Herbalife Nutrition  
Member for more info.



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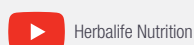
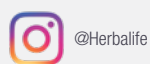
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The income figures shown in this Newsletter do not represent any automatic earnings. Actual earnings will depend on the time and effort spent on the business.

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# ASPIRE

## TODAY



**HERBALIFE**  
**NUTRITION**

# Using Social Media to Attract New Customers

## Connect with people you know.

Think about people you know: family, friends, work associates and casual acquaintances. These people make up your Circle of Influence. If you're already active on Facebook or Instagram, you're probably connected to many of your close friends and family members. This allows them to follow your journey and ask questions at any time.

Now think of friends of your friends that you may have attended school with, worked together, or gone to church together with. Following or connecting with those extended friends is a good way to expand your Circle of Influence.



If you are new to Facebook and need help getting started, you can search for old friends, colleagues or classmates manually by name. But the easiest way is to connect your smartphone's address book to Facebook. From the Friends section, look for the Contacts tab and then the Get Started button. After granting Facebook access, you can add friends by selecting specific people from the list of contacts that appears.

LinkedIn also has a People You May Know section. You can access it from your smartphone or computer by clicking on the My Network people icon, just to the right of the Home icon. Just like with Facebook and Instagram, you're now one click away from connecting to more people.

Instagram also allows you to connect your smartphone's address book as well through the Discover People section. You get to it by clicking on the Profile icon on the bottom at the far right of your smartphone screen. Then click the Add People icon. Near the top, click Connect to Contacts. Then, once you grant Instagram access to your address book, you can add friends by selecting specific people from the list. You can also connect Instagram to Facebook in a very similar way. Even if you don't connect your smartphone contacts or Facebook, Instagram will still show people you may know.

Other social apps like Snapchat, WhatsApp, Telegram, WeChat, Skype and others allow you to connect via the contacts you have in your smartphone's address book. Each app is a little different, but you'll find the option in settings, usually near the "add friends" option.



# How to expand your Circle of Influence

The next step in expanding your Circle of Influence is to follow your Herbalife customers, referrals and your downline Members.

Now let's think about your acquaintances: people you see on a semi-regular basis, or people you meet when you're out and about or traveling.

They might be your neighbours, other people you went to school with, people from your church, your children's teachers or caretakers, people at your dentist or doctor's, people on your holiday list, sports buddies, or yoga partners just to name a few.

Following people from your Circle of Influence is a good first step. This gives you more visibility and helps you interact with them. Doing that effectively can result in attracting new customers. Remember your goal is to find 5 to 7 new customers or more on an ongoing basis.



## So, what's the best way to interact effectively?

First off, it's important to listen to what they say. In other words, pay attention to what they post. Like or comment on posts they share. If it's related to a topic that you have a mutual interest or expertise in, then join the conversation. The key is adding value to any conversation that you join. That could be as simple as sharing words of encouragement. It may also be a chance to share an insight based on an experience you've had.

When new or existing customers ask questions, that's your time to stand out. Focus on being helpful and take this opportunity to make a connection. Responsiveness is also key.

Remember you can always message people privately when they ask you about Herbalife Nutrition.

## Let's take some time to review what you've learned!

# 1

First, make sure you're connected to your Circle of Influence, the people you already know. This includes friends, family, work colleagues and acquaintances you have a relationship with.

# 2

Second, make it a habit to interact with new acquaintances on Facebook, Instagram, Snapchat or any other social networks you use. The more you interact with members of your Circle of Influence online, the better your chances are in attracting new customers.

# 3

Third, focus on adding 5-7 new customers or more on an ongoing basis. You'll get there by adding value to conversations by being helpful and responsive.



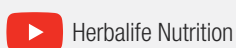
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