



# My Healthy Lifestyle

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

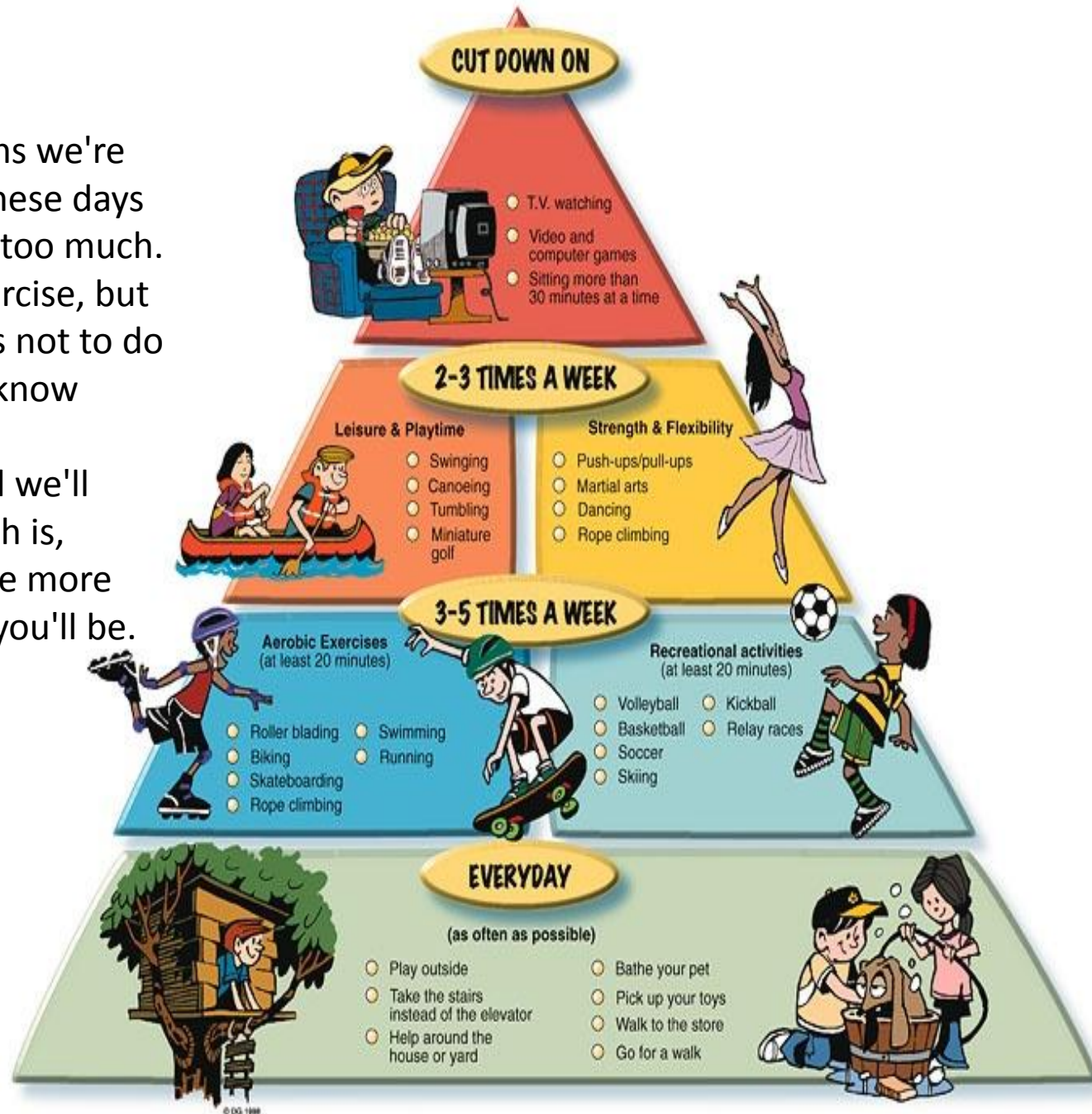
6. Do physical activity

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.

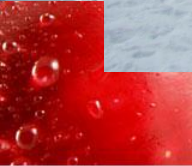
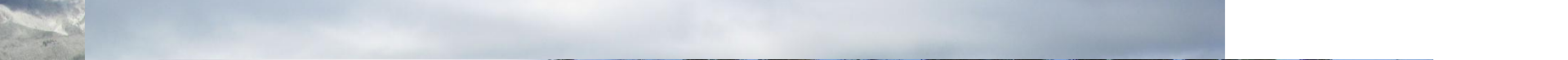




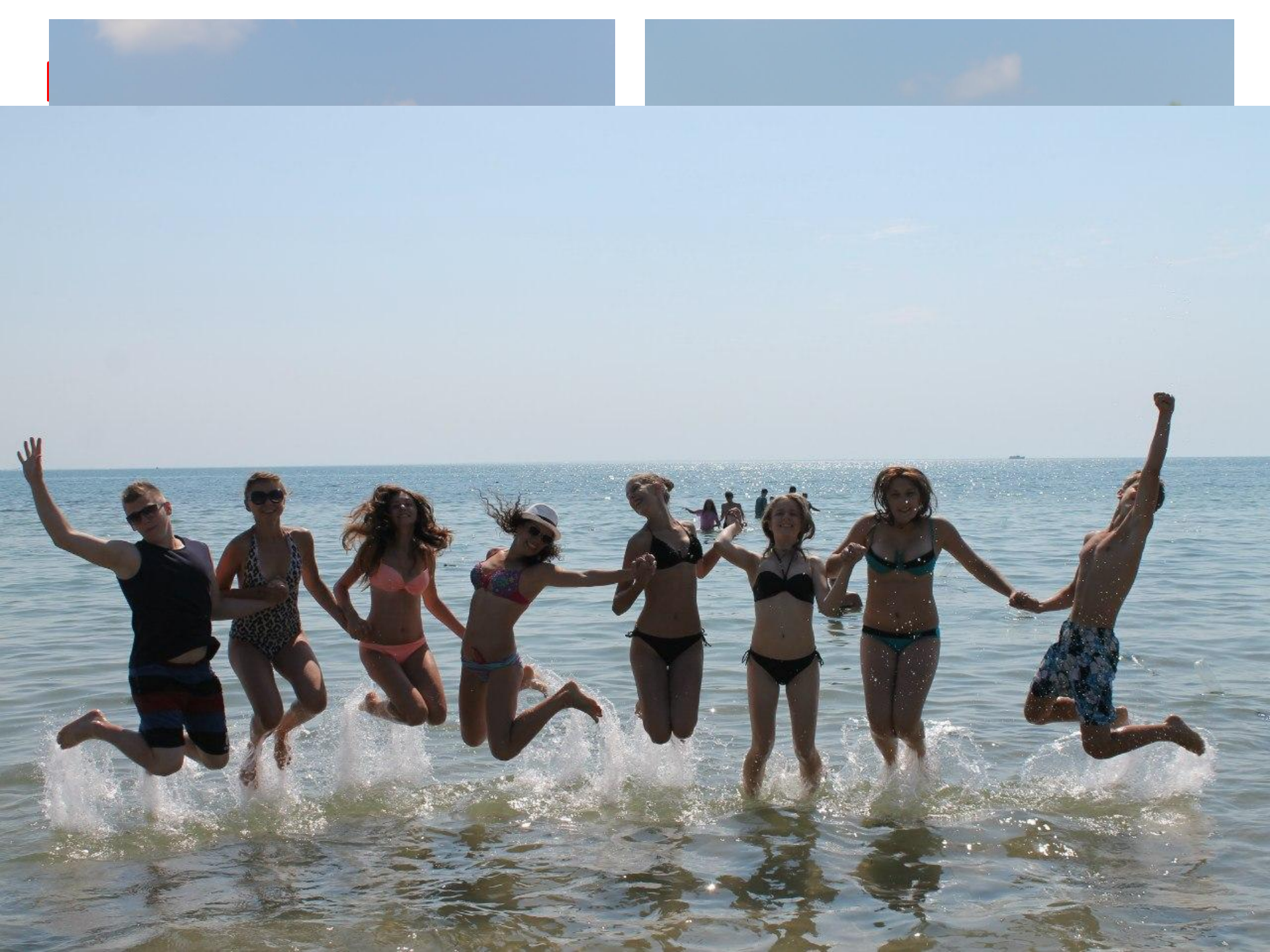
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Of course not without

fallings...









# Dare to Compare

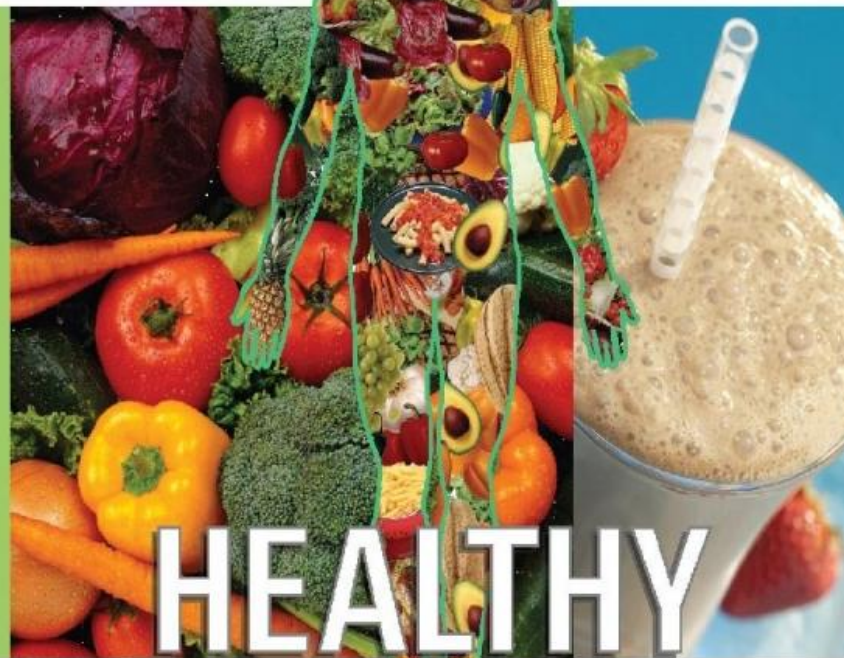
FAT, SUGAR,  
WHITE FLOUR, SALT,  
PRESERVATIVES,  
FOOD COLORING



- 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.

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



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 information is provided for publicly available data only. ©2010 Herbalife Nutrition, Inc.

\*Nutritional information for milk and strawberries obtained from [california.gov](http://california.gov).

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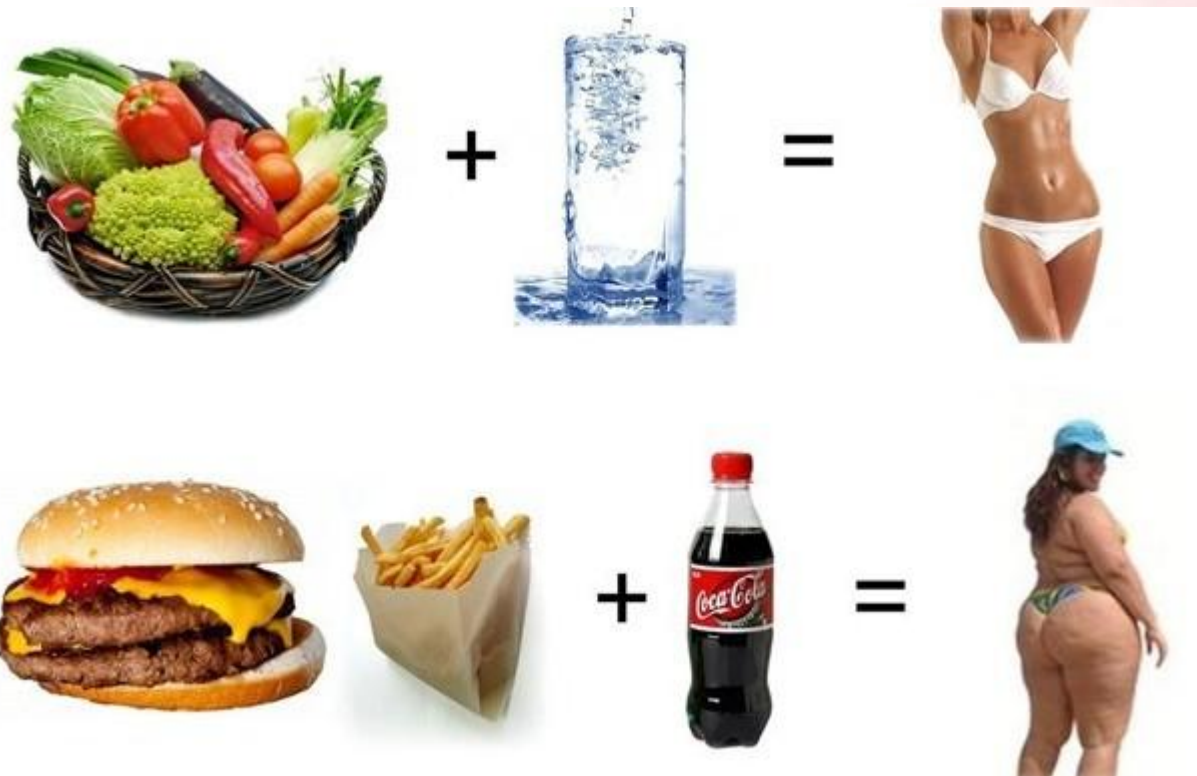
To keep fit I try to eat only healthy food. But sometimes it can be untasty.



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..



*Exercise your  
Will Power.*



Thanks for attention!