

# Health And Well-Being

## How To C.A.R.E. About Being Your Best

(NAPSA)—According to the World Health Organization (WHO), 60 to 85 percent of the population worldwide does not engage in enough activity, making physical inactivity the fourth-leading risk factor for global mortality. With many spending hours commuting and sitting at their desks and moving less, more people are putting their health at risk for weight gain, muscle loss, weak bones, poor blood circulation and inflammation that can lead to heart disease, high blood pressure, stroke and increased feelings of depression.

Any amount of physical activity is beneficial, according to the Centers for Disease Control (CDC). Ideally, though, adults should do at least 2.5 hours of moderate-intensity physical activity (such as walking), or 1 hour and 15 minutes of vigorous-intensity, or a combination of both, each week.

### Helpful Hints

To help you live a healthier, happier, more active lifestyle, former Olympic runner, personal trainer, and current vice president of Worldwide Sports & Fitness at Herbalife Nutrition, Samantha Clayton, offers this reminder to C.A.R.E.:

- Create specific and achievable goals and resolutions. Remember, this is a lifestyle change that can lead to sustainable, lasting results. “Crash diets” and gym overload are temporary and not sustainable long term. For example, if your goal is to start running, don’t shoot for a marathon right away. Start with short jogs and challenge yourself by signing up for a 5K, 10K and so on. The incremental successes will build your physical strength, your endurance and confidence. Remember to celebrate your achievements!

- Activate your social networks to help you achieve your goals. Surrounding yourself with like-minded people can help you stay on track. At Herbalife Nutrition Clubs, for example, people come together to improve their health, fitness and well-being, all while benefit-



### Four simple steps can help put you on the road to a healthier, happier life.

ing from a supportive community that provides encouragement and guidance.

- Resolve to take action by making little lifestyle changes. It takes three weeks to make a habit, so start with something you know you can achieve. Add fruits and vegetables to every meal, go for a walk, take the stairs instead of the elevator, park your car farther from the door and walk.

- Eat balanced meals that include fruits and vegetables, whole grains, and proteins that will help maintain energy and curb appetite. Many people find that an easy way to jump-start their diet is to replace two meals with a meal replacement shake or bar, such as Herbalife Nutrition Formula 1, then have a calorie-controlled, healthy entrée as their third meal, with extra veggies and salad on the side.

### How To Get Started

Weight management is a result of balanced nutrition and exercise. Free video tutorials of exercises you can do at home, in the office or on the road are available at [www.Herbalife.com](http://www.Herbalife.com). There, you will find Clayton and other fitness experts demonstrating exercise routines that are from five to 15 minutes long. You will also find recipes for nutritious, balanced meals. Whether you’re new to exercise or are training for the next bodybuilding competition, the exercise video library caters to your goals and aims to help you achieve a healthier and happier life.