



Getting Started

The Level 10 Challenge including this guide can help you to start your journey towards losing body fat.

Many people have a particular part of their body in mind when they wish to lose fat but did you know that carrying excess fat around the stomach or tummy area is riskier than extra fat carried around the bottom or thighs? Men in particular and 'Apple' shaped women can tend to carry excess fat around the tummy area which is linked to a greater risk of developing type 2 diabetes and heart problems. The good news is that you can lose this fat by making sustainable changes to your lifestyle, such as eating less and moving more. Along the way you can keep track of your progress using Herbalife's BMI calculator.

<http://healthyliving.herbalife.co.uk/check-your-bmi>

Losing weight is a journey, one that requires a lifestyle change and patience. But no matter how long your personal journey, you'll have the support from your Independent Herbalife Member who will be able to help you to make a positive change.

Every pound of fat is equivalent to 3500 calories so a reduction of at least 500 calories a day will result in a steady sustainable loss of 1-2lbs a week. For most women, this means an intake of about 1200kcal and for men about 1800kcal but varies depending on build and exercise.

If your BMI is in the normal range but you wish for example to have slimmer thighs etc. you may need to take a slightly different approach. You may not need to reduce your calorie intake but it's never a bad idea to overhaul your diet and make sure you are eating healthily. Also focus on taking regular aerobic exercise and twin this with specific exercises to tone those specific areas. Again, your Independent distributor can advise.

Body Shape matters- Apple or Pear?.....

Carrying a large amount of tummy fat (Apple shaped) as opposed to fat around the bottom or thighs (Pear shaped) makes you more likely to develop type 2 diabetes and heart problems.*

Ideal waist measurements for:

Women: less than 80cm (32")

Men: less than 94cm (37")



*Source: NHS Choices website



Product Programme

The plan outlined below shows how the core programme works. However everyone is an individual so you're Herbalife Member will work with you find something that works for you.

Core Nutrition

x2 F1 shakes a day

For weight loss: Formula 1 is a delicious healthy meal replacement that provides an excellent balance of high quality protein from milk and soy and essential micronutrients. Replacing two meals a day with F1 shakes as part of an energy restricted diet is the foundation of this weight loss programme. F1 shakes have helped people all across the globe reach their weight-loss goals.

Underpinned by science: Clinical studies show that daily use of meal replacement shakes as part of a calorie restricted diet is proven effective for managing weight, along with moderate exercise.

They are quick to whip up and are a convenient healthy alternative to a high-calorie breakfast, lunch or dinner.

Healthy Dinner or Lunch

Your third meal can be one of your choosing but aim to make it healthy. We know the first week can be difficult so we have included an example of some healthy recipes in this brochure which can fit into your daily plan. Try to plan what you will eat for the next week. It's key to avoid high calorie snacks/takeaways when you are low on time or too tired to cook.

For weight maintenance: If you wish to maintain a healthy body weight after weight loss you should replace one meal per day with a Formula 1 meal replacement shake or bar. Aim to have two regular healthy meals per day as well as nutritious snacks.

Mid-morning and mid-afternoon snack

A regular meal pattern including a mid-morning and mid-afternoon snack can help keep hunger pangs at bay. Planning in advance which snacks you are to eat can help to keep you from reaching for high calories treats.

- Choose **one** of the following for a mid-morning and mid-afternoon snack if you are on 1200 kcals per day.
- Choose **two** of the following for a mid-morning and mid-afternoon snack if you are on 1800 kcals per day.

Protein bars

Herbalife Protein Bars are a delicious high protein healthy snack. With approximately 140 calories*, each Herbalife Protein Bar contains almost 10g of high quality dairy protein, which can help build lean body mass. Increasing your body's lean body mass can contribute to an increased metabolic rate.

At approx. 140 kcal per bar, this is less than many conventional chocolate bars.

They also have a balanced combination of 10g of protein and 15g of carbohydrate.



Roasted Soy Beans	<p>This delicious savoury snack is perfect for on-the-go snacking. With 9g protein and 113 kcal per pack, Roasted Soy Beans are a healthier alternative to other savoury snacks such as crisps or crackers.</p> <p>At 113 calories per pack this is fewer calories than traditional savoury snacks.</p> <p>They come in convenient individual servings, perfect for on-the-go snacking.</p>
Gourmet Tomato Soup	<p>Gourmet Tomato Soup is a savoury and nutritious instant snack with Mediterranean herbs for a delicious flavour. Approximately 104 calories per serving, it's a great guilt free snack.</p> <p>At 104 kcal per serving, this is ideal for those managing their calorie intake.</p>
Other snacks	<p>Most standard servings of fruits and vegetables contain about 100kcal or less e.g. single apple, orange, medium banana. Don't forget to aim for your 5 a day as part of your new healthier lifestyle</p>

Fluids

Aim to drink about two litres of fluid per day or even more when you are exercising. Choose low calorie drinks keeping caffeine intake to a minimum.

Water Aloe and Tea	<p>Why not try Herbal Aloe Concentrate. Made from the Aloe leaf it is a refreshing drink which contains Aloe Vera juice to give water a refreshing citrus twist.</p> <p>Contains 40% Aloe Vera juice derived from the Aloe Vera leaf.</p> <p>Added to water, Herbal Aloe Concentrate provides a refreshing taste which may help you to drink more water thus helping you to achieve the required fluid intake of 2 litres per day.</p>
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Recipe Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Beef and vegetable casserole</p> <p>363 kcal / 34g protein per portion Serves:6 Time: 1h45</p> <ul style="list-style-type: none"> • 600g stewing steak, chopped into cubes • 4 tbsp olive oil • 4 cloves garlic • 2 tbsp white wine • 1 inch piece of fresh ginger • 2 onions • 2 carrots • 2 courgettes • 2 sticks of celery • 3 ripe tomatoes • 1 red pepper • 600ml chicken or vegetable stock <p>Method Preheat oven to 200°C/ gas mark 6. Heat half the oil in the bottom of a large casserole dish over a medium hob. Fry the steak to seal. Take out and put aside. Heat the remaining olive oil, add the onions and fry for a minute. Put the steak back in, add the garlic and the courgettes and fry for a little longer. Deglaze the pan with the white wine and add the stock. Add the rest of the vegetables, grate in the ginger, and bring to the boil. Put the lid on the dish and transfer to the oven. Cook for 45 minutes-1 hour.</p>	 <p>Salmon with herb crust and yoghurt herb dressing</p> <p>504 kcal /40g protein per portion Serves:4 Time: 20mins</p> <ul style="list-style-type: none"> • 560g salmon fillets • 50g wholemeal bread • 25g sundried tomatoes • 1 tbsp fresh basil leaves • 150g low fat plain yoghurt • 1 tbsp fresh parsley • ½ tsp sugar • Juice of half a lemon • 230g plain couscous • 370ml boiling water • 320g broccoli • 320g carrots <p>Method Preheat the oven to 190°C, or gas mark 6. Make the topping by placing the bread, sundried tomatoes and basil in a food processor and blending until you have breadcrumbs. Put the salmon fillets in an ovenproof dish – press the topping on the fillets then bake for 20 minutes until the fish flakes easily. Make the yoghurt sauce by mixing together the yoghurt, parsley, sugar and lemon juice then chill until ready to serve. Prepare the cous-cous by placing in a large bowl and pouring over the boiling water. Leave to stand for 5 minutes. Steam or boil the broccoli and carrots until just tender. When the fish is cooked, serve with the yoghurt dressing.</p>	 <p>Moroccan Chickpea Tagine</p> <p>518kcal /18.9g protein per portion Serves:4 Time: 55mins</p> <ul style="list-style-type: none"> • 1 tbsp olive oil • 1 red onion • 2 garlic clove • ½ tsp ground cumin • 1 tbsp. harissa • 125g dried apricots • 2 large carrots • 1 red pepper • 400ml low-sodium vegetable stock • 1 tin of chickpeas • 225g cherry tomatoes • 390ml boiling water • 260g couscous • 2 tbsp fresh coriander <p>Method Heat the oil in a large saucepan, add the onion and cook for about 5 minutes until it begins to soften. Add the garlic, cumin and harissa and cook for another minute. Add the apricots, vegetables and stock to the pan and stir thoroughly. Bring to the boil, cover and simmer for 15 minutes. Add the chickpeas and cherry tomatoes and simmer for another 10 minutes, until the vegetables are tender. Add 390ml boiling water into 260g couscous, stir well and leave covered for 6 minutes. Stir the coriander in with the chickpeas and serve with the couscous.</p>	 <p>Chicken curry</p> <p>605 kcal /47.3g protein per portion Serves:2 Time: 1h</p> <ul style="list-style-type: none"> • 1 tbsp olive oil • 1 large onion • 2 cloves of garlic • 1 large tomato • 1 tbsp tomato puree • 1 medium chilli • ¼ tsp chilli powder • ¼ tsp coriander powder • ¼ tsp cumin powder • ¼ tsp turmeric powder • 2 tbsps of water • 250g boneless chicken • 1 tbsp yoghurt • 130g basmati rice • 160g cauliflower • 10cm cube of ginger • 1 tbsp fresh coriander <p>Method Heat the oil and fry the onions until soft. Add garlic, tomato, tomato puree, chopped chilli and spices. Cook for a few minutes and then add 2 tablespoons of water and allow to reduce. Add chicken and cook for 10-15 minutes, on a medium heat, then add in yoghurt stirring slowly. Season with black pepper and simmer for a further 5-10 minutes. Meanwhile, cook the rice following the packet instructions and boil or steam the cauliflower until tender. Garnish the curry with ginger and coriander. Serve with rice and cauliflower.</p>	 <p>Tuna Pasta Bake</p> <p>395 kcal /21.3g protein per portion Serves:4 Time: 40mins</p> <ul style="list-style-type: none"> • 250g pasta shapes • 1 tin tuna fish • 1 small tin sweetcorn • 2 tomatoes • 75g Cheddar cheese • 25g butter • 25g plain flour • 250ml semi-skimmed milk • mixed herbs • seasoning <p>Method Preheat the oven to 200°C or gas mark 6. Boil the pasta for 10 minutes, until tender and then drain it. To make the sauce, melt the butter in a saucepan and stir in the flour so that it makes a paste. Gradually add the milk, stirring constantly and the sauce will thicken. Turn down the heat and allow the sauce to simmer for 2 minutes, then add seasoning and mixed herbs. Add the pasta, tuna and vegetables to the sauce and stir the mixture together. Pour the pasta mixture into a baking dish. Sprinkle a little grated cheese over the top and bake in the oven for 20 minutes, until golden brown.</p>	 <p>Spaghetti Bolognese</p> <p>431kcal /30g protein per portion Serves:4 Time: 40mins</p> <ul style="list-style-type: none"> • 300g extra lean minced beef • 1 large onion • 2 garlic cloves • 400g chopped tomatoes • 2 tsp tomato puree • 2 tsp dried mixed herbs • 1 red pepper • 3 handfuls mushrooms • 1 carrot • 1 courgette • 150ml vegetable or chicken stock • 300g dried spaghetti • 1 pinch ground black pepper <p>Method Heat a large saucepan and add the minced beef, a handful at a time, cooking it until browned. Add the onion and cook for another 2-3 minutes. Add the remaining ingredients, apart from the spaghetti. Bring to the boil, then lower the heat and simmer gently for 15-20 minutes. When the sauce has been cooking for 10 minutes, start to cook the spaghetti. Bring a large saucepan of water to the boil, add the spaghetti and bring back to the boil. Stir well and cook for about 8-10 minutes, until tender. Season the bolognese sauce with pepper. Drain the spaghetti and serve with the sauce.</p>	 <p>Pumpkin Risotto</p> <p>427kcal /9.8g protein per portion Serves:4 Time: 45mins</p> <ul style="list-style-type: none"> • 1 tsp olive oil • 1 small pumpkin • 2 onions • 2 garlic cloves • 225g Arborio rice • 1 litre chicken/vegetable stock • Small glass of white wine (optional) • 25g grated Parmesan cheese <p>Method Heat the oil in a large saucepan, add the pumpkin, onion and garlic and fry until the onion is soft but not brown. Add the rice to the pan and carry on cooking for 2 minutes, stirring all the time to coat the rice in the oil. If you are using wine, add this to the rice and pumpkin mixture, and then add the stock a small amount at a time, stirring continuously. Allow the stock to be soaked up before adding more. Carry on until all the stock has been used up and the rice is cooked, it should be a rich creamy texture. Stir in the Parmesan cheese and serve decorated with Parmesan shavings.</p>



Exercise Suggestions

To lose body fat you need to start by moving more! This may be the smaller things within your day that can make a big difference. For example, start using the lift at work, get off the bus two stops early and walk the remainder or even start cycling to work!

You should be aiming to do at least 30 minutes of aerobic exercise such as walking, running, tennis and cycling 5 days a week per day but build up to this gradually if you currently don't exercise regularly. You could also break this down into 3x 10 minute bouts every day. This exercise will predominantly help burn fat.

Combine this with at least two sessions of muscle strengthening activities, such as lifting weights, exercises such as push-ups and sit-ups (which can help tone tummy areas), heavy gardening or yoga strength training is great for helping you build muscle while losing weight. It can also help to increase your metabolism since the more muscle you have the more calories you will burn at rest. Don't forget you also need protein to build muscle.

FAQ's

Does Formula 1 really work?

Meal replacements like F1 take the work out of dieting and calorie watching. In addition they contain essential vitamins and minerals to ensure that although you are restricting your diet you are not losing out on valuable nutrients. The European Food Safety Authority have looked into the evidence for meal replacements like F1 and concluded that they can contribute to weight loss and maintenance of weight after weight loss when used as part of an energy restricted diet.

How much should I aim to lose a week?

Aim for a steady weight loss of 1-2 lbs a week. It may not sound much but it is the key to sustainable healthy weight loss and you will be surprised how much better you feel even in the first few weeks. If weight loss occurs too quickly (with severe calorie restriction) the body starts burning not only fat but protein from muscle. Because muscle actually burns more calories, lowering your muscle mass will only slow your metabolism down.

Why should I eat protein?

Protein is an essential building block for the body and you need to consume it every day. It is an important nutrient for maintaining and building muscle mass and it's important to consume adequate amounts to preserve muscle. Each F1 shake provides 17g of protein and can be topped up if necessary with personalised protein powder which provides 5g protein per serving. For your main meal include healthy sources of protein like lean meat, skinless white meat, poultry, fish, tofu, nuts, beans, eggs and lower-fat dairy products.

What is the best exercise for losing fat?

Regular moderate aerobic exercise like brisk walking, running, cycling, dancing that gets your heart rate up is best for burning fat. The longer you do aerobic exercise, the more energy you burn. Resistance exercise generally does not burn as much energy but is best for building muscle and for toning so a combination of both is ideal.

Here's what someone weighing 70kg would burn in 60 minutes:

- brisk walking (3.5mph): 266kcal
- breaststroke: 700kcal
- badminton: 315kcal
- cycling (12mph): 560kcal
- running (6mph): 700kcal
- recreational football: 490kcal
- aerobics class: 455kcal
- yoga (hatha): 175kcal



I regularly go for drinks after work with my mates. Is this causing my big belly?

The issue with alcohol is that we can forget that alcohol provides calories and is often accompanied by other calorie dense snacks. Two pints of larger provides approximately 431kcal which is about 17% of the guideline daily energy amount for an average man (2500kcal) as well as being over the recommended daily limit for regular alcohol consumption. Equally, two large glasses of white wine would provide 370kcal in total- nearly 20% of a woman's recommended daily calorie intake as well as putting a woman over her recommended daily limit for regular alcohol consumption. Cutting back on alcohol may be part of the lifestyle changes you need to make to lose weight. If you are going out with friends chose a low calorie soft drink or try to change your routine and go for walks instead.

What are the best times to train?

This all depends on what suits you best. Some people are naturally better exercising in the morning or evening. It also needs to fit around your life. Can you fit in a brisk walk at lunch or a run before collecting the children from school? Can you lift weights while watching TV? Remember that exercise does need fuel and fluid, so if you exercise in the morning, try to get your F1 Shake in before you exercise and carry some water with you.

Exercise makes me hungry, what should I do?

If you start exercise or increase your amount of activity, you may feel hungrier. Your body is looking to replace the energy spent during exercise. Just be careful how you refuel. The key to this is planning. Make sure that you have lower calorie snacks like a Herbalife protein bar, soy nuts or foods that are lower in calories such as fruit or low-fat yoghurt to stop you reaching for calorie rich treats. If you exercise just before lunch, make up your F1 shake in advance so it's ready when you get those post exercise hunger pangs. Don't forget to rehydrate also, a light flavoured beverage like Aloe Concentrate can encourage you to drink more.

I have heard that after a few weeks I might hit a weight loss plateau. What is this and what should I do?

The key thing is not to get discouraged. Its normal for weight loss to slow and even stall for a while as your body is adapting to the changes and is learning to cope with the same energy demands while burning fewer calories. It might also be time to relook at your programme. Check that you're sticking to 2x F1 shakes per day instead of usual meals and you are not reaching for extra snacks or increasing your portion sizes. Try to kickstart things by doing a little more exercise, or maybe it's time to try a different type of exercise if you feel your motivation is waning.

What happens once I have reached my ideal weight?

If you have reached your weight loss goal, Congratulations! Now make it count by continuing to put into practice all those great lifestyle changes including regular exercise and following a healthy diet. Now that you have reached your ideal weight you can gradually increase your calories to avoid further weight loss. However, F1 can still help. Continuing to include an F1 meal replacement shake once a day instead of a regular meal and as part of an energy restricted diet can help you maintain your weight loss.

My children were born over 2 years ago but I still have not got my pre-pregnancy tummy back. What can I do?

Having a baby changes your body. If your BMI is above 25, then start with eating less and increasing exercise to help bring your weight back within the normal range. If you just focus on toning certain areas but are still overweight, the muscle will just sit over a layer of fat and unfortunately will not help you look any slimmer. Start slowly and work up to cardio exercise with at least 30 minutes 5 times a week and follow a healthy balanced diet. Twin this with abdominal exercises at least 3 times per week. If your BMI is normal, focus on toning exercising and cardio but make sure you take a look at your diet. Is it healthy? Remember to be patient and give your body time to adjust.