



# 5 STEPS TO LOOK & FEEL YOUR BEST!



1

## HEALTHY EATING

A weight loss of 2 to 4 kilograms a month is healthy. Enjoy a variety of foods, but keep in mind portion sizes, types of starches and types of fat. Eat more fruit and vegetables and try to reduce sugar intake.

2

## CHOOSE A PRODUCT

Using Herbex Health correctly is of great importance in your weight loss programme.

3

## DRINK PLENTY OF WATER

Drink at least 8 glasses of water each day. Water cleanses your body and replaces fluids lost through exercise. Make a habit of drinking water at set times

4

## EXERCISE REGULARLY

To burn fat and improve your health in general, aim to exercise for an hour, at least 3 times a week. Aerobic exercise, like walking, jogging, dancing, is best.

5

## STAY MOTIVATED

Be positive and set yourself realistic goals. Keep in mind a picture of a slimmer, fitter, healthier and more confident you.