

# GUIDELINES TO HEALTHY WEIGHT-LOSS

## 5 EASY STEPS



We at Herbex strive to educate people on leading a healthy lifestyle. Striving for a lifetime goal of eating correctly and looking after one's body should be top of mind for everybody. This is not achieved by strict or yo-yo dieting whereby the body is depleted from all the nutrients it requires. Most major and common complaints regarding slimming products are that once you stop with the product, all the lost weight is put on, and more. We therefore encourage people to eradicate this type of problem, by establishing a lifetime habit of healthy eating.

**Minor changes in one's eating habits can lead to major changes in one's health and waistline!**

We have established **5 easy steps** to assist you with a healthy weight loss programme.

## STEP 1: HEALTHY EATING

Any healthy eating plan should work for you any time, any place. A plan you personally feel comfortable with. Before you can draw up your own eating plan, you have to be clear about what works for you. Foods that appear to be healthy for one may harm another.

**THIS IS THUS AN EXAMPLE OF A HEALTHY EATING PLAN, DESIGNED FOR WEIGHT LOSS FOR THE AVERAGE PERSON (IF YOU HAVE ANY MEDICAL DISORDER, IT IS BEST TO CONSULT YOUR DOCTOR OR DIETICIAN BEFORE FOLLOWING ANY SPECIFIC "DIET" OR TAKING ANY SLIMMING PRODUCTS).**

**HEREWITH SOME SAMPLE "MENU'S" FOR HEALTHY EATING:**

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none"><li>• <b>40</b> grams cereal/porridge with 250 ml fat-free milk (All Bran, Weet Bix, Oats, Maltabella)</li><li>• <b>1</b> spoon fructose</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• <b>2</b> slices toast with honey/fat-free cottage cheese/marmite</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• 250 ml fat-free yoghurt with fresh fruit and with a glass of fresh fruit juice or <b>1</b> piece of fruit</li></ul>	<ul style="list-style-type: none"><li>• <b>2</b> slices bread/toast with choice of 40 grams filling: tuna, chicken (no skin), salad, fat-free cottage cheese with salad toppings (lettuce/cucumber, tomato)</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• <b>120</b> grams grilled "non fatty fish" with a small portion of green vegetables: e.g kingklip, sole, kabeljou, angel fish, fresh tuna</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• Green salad with choice of <b>80</b> grams protein: chicken, tuna, grilled calamari, shrimp, mussels</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• <b>1</b> cup pasta with non-butter sauce: e.g tomato, pesto, mushroom with a glass of fresh fruit juice or <b>1</b> piece of fruit.</li></ul>	<ul style="list-style-type: none"><li>• <b>150</b> grams grilled chicken (no skin, preferably breasts) with <b>1</b> small baked potato and <b>1</b> cup vegetables (broccoli, mielies, butternut)</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• <b>150</b> grams grilled "non-fatty" fish with <b>1</b> cup steamed rice and <b>1</b> cup vegetables (cauliflower, pumpkin, broccoli)</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• <b>1</b> cup pasta with non-butter sauce: e.g tomato, pesto, mushroom</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• <b>1</b> average size baked potato topped with fat-free cottage cheese with small green salad (no cheese) and with a glass of fresh fruit juice or a small cup of fruit salad.</li></ul>

A healthy diet must provide all the nutrients that a body needs. Of all the major components of food, FAT is the most concentrated source of energy, which provides more than twice as many kilojoules as protein and carbohydrates. Reducing the amount of fat is therefore the most effective way of reducing kilojoule intake and losing weight.

**Danger foods:** Chips, popcorn, peanuts, rusks, biscuits, pastries, cakes, chocolates, olives, nuts (healthy but very fatty), sugared dried fruit, fatty fish, red meat, egg yolk, sausage, burgers, pies, patés, oils, mayonnaise, salad dressing, butter, full-cream dairy products.

[www.herbexhealth.com](http://www.herbexhealth.com) • [enquiries@herbexhealth.com](mailto:enquiries@herbexhealth.com)



herbex1



herbexhealth



+27 83 425 1868



To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.

**Get slim. Start today!**

## FURTHER STEPS FOR HEALTHY LIVING:

- Reduce/cut out fats
- Learn to read food labels
- Increase fruit and vegetables
- Eat slowly, chew very well
- Don't aim to lose weight too quickly
- Don't skip breakfast
- If your main meal is at night, keep it light
- Reduce/limit alcohol
- Reduce intake of fizzy drinks, substituting them for 100% fresh fruit juice
- Reduce caffeine intake
- Opt for whole-wheat as opposed to white flour and related products.

### AS A GENERAL RULE - TRY TO AVOID SNACKING BETWEEN MEALS.

However, if your daily eating plan consists of smaller, more frequent meals, and you find the need to snack - here are a few healthy alternatives:

- Fruit
- Rice cakes/Ryvita's
- Cracker breads
- Fat-free yoghurt
- Crudité's of vegetables with yoghurt to dip

## STEP 2: TRY A SUPPLEMENT

Using our products correctly and deciding which product to use is of great importance in the weight-loss programme.

**HERBEX HAS A RANGE OF SLIMMING PRODUCTS TO SUIT YOUR INDIVIDUAL NEEDS. HERBEX PRODUCTS CAN BE TAKEN TOGETHER VERY SUCCESSFULLY.**

## STEP 3: DRINK MORE WATER

About 60% of an adult's body weight is made up of water - this water must be continually replaced. We need water for digestion and elimination. People who drink too little water often suffer from headaches and poor concentration. We recommend drinking at least 8 glasses of water a day, on average. When you are exercising, this amount should be increased to compensate for extra water lost through rapid breathing and sweating. Water is best drunk at room temperature, or slightly warm, as very cold water tends to make the stomach shrink and slow down digestion and you may feel reluctant to have more.

**Furthermore, very often when the body is craving something to eat - you are not hungry at all, but the body is simply asking for water. Have a glass or two and you will find that the craving often disappears.**

Try to get into the habit of drinking water at set times, as it is easy to simply forget during the course of a busy day.



[www.herbexhealth.com](http://www.herbexhealth.com) • [enquiries@herbexhealth.com](mailto:enquiries@herbexhealth.com)



herbex1



herbexhealth



+27 83 425 1868



**Get slim. Start today!**

To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.

## **STEP 4: EXERCISE**

With any weight loss programme, the intention is not only to lose weight, but keep this weight off permanently.

If there's any one thing that helps us to slim down and then stay slim, it's **EXERCISE**.

Any exercise, even if it's gentle at first, will help to stimulate your circulation and boost your metabolism.

Research has shown that people who include exercise in their weightloss programme are far more likely to keep it off than people who only change their diet.

You do not need expensive equipment or need to join a gym to make exercise a part of your life. There are plenty of activities that can easily be built into your daily routine. E.g - Walking, jogging, dancing, skipping, stepping, or shadow boxing.

Always choose something that you will enjoy doing regularly. Whatever exercise you decide, always start gently and build up slowly. Try exercising with a partner for extra motivation and enjoyment. Variety of exercise will also keep your exercise programme interesting and exercise different parts of the body.

**To remember:** As you begin to firm up and lose some flab, be sure to keep your tape measure handy and watch the centimeters melting away. This is necessary because you'll be replacing fat with muscle, which weighs more than fat. Thus if your jeans are getting looser, even if your scale tells you you've picked up a bit....

# ***DON'T DESPAIR - THIS IS A GOOD SIGN!***

## **STEP 5: ATTITUDE**

The time has come to be a friend to yourself. Recognise that it is hard to stay motivated when you do not believe in yourself.

**Start reprogramming yourself to be positive.**

- Set yourself realistic goals
- Keep your goal in mind of a slimmer, fitter and healthier you.

If you are serious about bringing your weight under control for once and for all - **IT CAN BE DONE** - by introducing into your lives the changes we have suggested in our 5 easy steps to a slimmer you.

## **MAKE THESE CHANGES. THERE'S NOTHING TO BE AFRAID OF.**

Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon... must inevitably come to pass!

(Paul J. Meyer)

[www.herbexhealth.com](http://www.herbexhealth.com) • [enquiries@herbexhealth.com](mailto:enquiries@herbexhealth.com)



herbex1



herbexhealth



+27 83 425 1868



To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.

**Get slim. Start today!**