



# YOUR PROGRAMME GUIDE

EAT - MOVE - LIVE



TR90®



*Get Ready*  
to understand the basics of your transformation?

## LET'S GET STARTED

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# LET'S GET STARTED

*Hi there!*

We are so happy you have joined us :-)!

You are ready to take care of your health and your body, combining three important aspects: **nutrition**, **exercise** and **wellbeing**. This will help you to find a good balance in life, feel better and live more healthily.

This programme will introduce you to a whole **new lifestyle approach**, a global change in your way of living. It's all about finding the balance between the three fundamental aspects **EAT, MOVE and LIVE**, and combining them in your **daily routine**. Don't worry, we will do this together, **one step at a time!**

It's going to be an important change, with promising and **exciting challenges**. The **transformation** you are about to experience is totally worth it, you will see.

There are three fundamental aspects that are essential to a healthy lifestyle & longevity:

## EAT

Good nutrition is essential to cover all your needs and **avoid deficiencies**.

## MOVE

Daily exercise gives you more energy and is the only way to achieve your **body shape goal**.

## LIVE

Connecting body and mind completes the picture and helps you to **find happiness**.

## WHY DOES SETTING GOALS HELP YOU ACHIEVE YOUR OBJECTIVES OF LIFESTYLE TRANSFORMATION?

Have you already tried various 'miracle cures' to help you shed a few pounds, only to put the weight back on after a few weeks? You are not the only one! But the time has come to change your approach.

### YOUR BODY, YOUR GOAL

Success won't just fall into your lap, you need to earn it! But what if this time it's your turn to enjoy success? The first step is to **take control of your diet changing your bad habits**. It is vital that you set yourself a realistic goal and give yourself the resources to achieve it!

Our top tip is to choose **the right moment**:

- Certain times of the year are real pitfalls! From November to January, your chances of success are compromised by the Christmas season and winter. So choose the time of the year that is most suited to your challenge.
- Set the rules of the game! It's a proven fact that people who set a specific and realistic goal get better results than those who do not!

### WHY DOES IT WORK?

Setting yourself a target weight helps you to:

- **Be more active on a daily basis**, specifically to walk more often.
- Weigh yourself **more regularly**, which in turn helps weight loss.

It's up to you!

# EAT

## HOW TO CREATE A HEALTHY MEAL

Foods can be subdivided into three different categories, each of which play a different role and are **vital for good health: Build, Fuel and Protect**. Be smart about dividing your food intake into **3 main meals** and **2 snacks** so that your body will work better and you will feel fitter!

The composition of meals changes throughout the day because the body uses different nutrients depending on the time of day. At breakfast, for example, we need more **energy** to wake up our body and activate our brain.

### GOOD NUTRITION ALL DAY LONG



= 5 x **build** + 1 x **fuel** + 4 x **protect** + 1 x TR90® M-BAR

A convenient way to enjoy a **complete and tasty meal**:

- One TR90® M-Bar offers your body at least **30% of the nutrient reference values for vitamins and minerals**, and contains carbohydrates, proteins and fats
- It can be eaten once a day as a **meal replacement** and, as a part of Wellbeing programme, helps you **achieve a healthy lifestyle** during your diet.

#### WHAT'S ON AN IDEAL MENU?

Breakfast + Snack + Lunch + Snack + Dinner

You can find more information about the three categories – build, fuel and protect – on the following pages.

# BUILD



> Proteins are the **building blocks of muscles**.

The eating plan is based on a **high-protein diet**, which provides your body with the necessary nutrients to produce muscles, maintain a healthy weight and avoid the loss of non-fatty mass when you are losing weight.

### DISCOVER THE GREAT POWER OF PROTEINS

Proteins play a major role in human health. As you probably know, they are the main nutrient that can **build and repair body tissues**. They are also used to **carry oxygen** and protect the body against illness as they support a **healthy immune system**. No wonder **proteins account for 20% of the average person's total body mass!**

Since they have a short lifespan, they need to be replaced and rebuilt often. That's where food intake comes in. Sources of protein include:

#### Animal foods:

meat, poultry, fish and seafood, dairy products

#### Plant-based foods:

beans, pulses, cereals, nuts and grains and plant-based drinks

### WHICH PROTEINS ARE BEST?

A protein is built up of many different amino acids. You can imagine it as a **train made up of different carriages**. The body cannot produce all the different types of amino acid; the ones we are unable to produce are called essential amino acids and need to be taken in through our food. **Vary the sources** of protein to ensure a good intake of all amino acids.

Protein bars and shakes can help you to **cover your needs**. These contain **high quality proteins**, as they **have the right balance** of amino acids and are well absorbed by the body.

### *Did you know?*

If you don't get enough energy from fats and carbohydrates, the body will get the energy it needs from breaking down proteins! This can have a negative effect on your health.

## 7 REASONS WHY YOU SHOULD EAT PROTEINS \*

1. They are essential for good health and **immunity**
2. They build and **repair body tissues**
3. They **repair muscle damage**
4. They **slow down the muscle loss** associated with ageing
5. They ensure the **maintenance of muscle mass** when weight is lost
6. They increase the **feeling of satiety**, which can support **weight maintenance**
7. They make you feel awake due to **serotonin production**

\* It is important to keep track of your protein intake, as too much protein can have a negative effect on the kidneys. Stick to the protein intake shown in your portion guide; it gives you an overview of the protein sources and the recommended serving size using the hand as a measuring tool.

*Eat lean proteins evenly spaced throughout the day.  
This will help your body to absorb them!*



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[WWW.YOUTUBE.COM/NUSKINEUROPE](https://www.youtube.com/nuskineurope)

### PROTEIN-RICH RECIPE: *Spinach pancakes with feta*



## INGREDIENTS

- 75 g flour
- 160 g fresh spinach (or 100 g cooked)
- 1 cup skimmed milk (240 ml)
- 1 large egg
- 1 tbsp oil
- 1 pack feta (125 g)
- 4 tomatoes
- 4 tbsp walnuts
- Cinnamon
- Pepper

## INSTRUCTIONS

- Cook the spinach in a pan with 2 tbsp water. Add pepper and cinnamon.
- Mix the spinach with the milk and blend until smooth.
- Whisk together the flour and egg. Add the spinach mixture to make a thick batter.
- Heat a non-stick frying pan over a medium heat and add the oil. Add a ladle of batter and cook it like a pancake.
- Flip the pancake over and cook until both sides are golden brown.
- Wash the tomatoes and cut them into slices.
- Crumble the feta.
- Serve the pancake immediately while it's warm, with the feta, tomatoes and walnuts.

# FUEL



> Carbohydrates and fats give you the energy you need.

## THE RIGHT BALANCE TO GIVE YOU MORE ENERGY

An average adult who does regular physical exercise has an energy requirement of about **2000 kcal** a day. The body needs this energy to perform all its **functions** and make it through the day. When our calorie intake is less than the calories our body consumes on a daily basis, fat stores will be burnt. This results in **weight loss**. Conversely, body weight increases if your calorie intake is higher than the energy you burn. To maintain your weight, you need to **strike the right balance between your needs (or the energy you burn each day) and your daily energy intake**.

Energy burned = Energy intake  
= **Weight maintenance**

We get most of our energy from **fats** and **carbohydrates**:

### Fats (animal or vegetable):

oil (olive oil, rapeseed oil, coconut oil etc.),  
butter, nuts and seeds, peanut butter,  
fatty meats, processed food etc.

### Carbohydrates:

cereal products (flour, bread, pasta etc.),  
rice, quinoa, oatmeal, potatoes etc.

They are both vital components of a healthy and balanced eating pattern. In addition to energy, they also are a good source of other nutrients such as **vitamins** (A, D, E and K) and **minerals** (iron, phosphorus and so on).

**Proteins** are also a source of calories, but the body only uses them as an energy source if our intake of fats and carbohydrates is insufficient. Proteins are mainly responsible for restoring and building the body and muscles.



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BREAKFAST RECIPE:

*Labneh*



GLUTEN FREE



VEGETARIAN

## INGREDIENTS

- 125 g sheep's milk yoghurt
- 1 tbsp pomegranate seeds
- 3-4 black olives
- 1 tbsp cashews, almonds or pistachio kernels
- 1 tbsp olive oil
- A pinch of za'atar or sesame seeds
- Salt

## INSTRUCTIONS

- Line a sieve with a linen cloth (or alternatively, several layers of cheesecloth). Set over a medium deep bowl. Stir salt into the yoghurt and pour the yoghurt into the linen cloth. Gather up its edges and tie at the top to cover the yoghurt. Place in refrigerator and allow to drain for 24 hours. Gently squeeze out any excess liquid. The yoghurt will be very thick.
- Chop the cashews (or other nuts) with the za'atar (or sesame seeds).
- Sprinkle the labneh with this mixture and add the olives, pomegranate seeds and olive oil.

# PROTECT

*Cover your needs  
& boost your immunity!*



> Vitamins and minerals are essential for **immunity & health**.

## NOURISH YOUR BODY & IMPROVE YOUR HEALTH

Even though you only need them in small amounts, **vitamins and minerals** play a major role in our health. They help us with **immunity, growth and bodily functions!** **Fruits and vegetables** are the most important source of vitamins and minerals. But whole grains, milk (and dairy products), seeds and nuts also contain important micronutrients. How can you cover your needs and boost your immunity?

- Eat daily
- ✓ 2 - 3 portions of **fruits**
  - ✓ 300 - 400 g **vegetables**

## FACTS ABOUT VITAMINS & MINERALS

- **Food** is the primarily source of vitamins and minerals.
- Although we only need **small amounts** of vitamins and minerals, studies show that we don't eat enough fruits and vegetables to fulfil these needs.
- **Deficiencies** can go undetected for many years.  
**Regular blood tests** are needed to detect a deficiency.

## A blend of ingredients to have a splendid start with the TR90® program.

Helping you stay on track of your weight management goals and getting ready for lasting success. Each day is a new journey towards your transformation. Let's do this!



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YOUTUBE FOR MORE RECIPES!

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RECIPE WITH MORE VITAMINS  
AND MINERALS:

*Marinated prawns' salad*



GLUTEN FREE



LACTOSE FREE

## INGREDIENTS

- 24 peeled prawns (300 g)
- 2 limes
- 2 cm ginger
- 1 tbsp honey
- 1 tbsp soya sauce
- 1/4 bunch of spring onions
- 1 tbsp olive oil
- 150 g soya bean sprouts
- 200 g sugar snap peas

## INSTRUCTIONS

- Squeeze the limes and cut the ginger into small pieces.
- Mix the lime juice, ginger, soya sauce and honey in a large bowl.
- Place the prawns in the lime marinade and mix with a spoon. Cover and place in the fridge for about 30 minutes.
- In a wok (or alternatively, a frying-pan), heat the olive oil and add the chopped spring onions, the sugar snap peas and the soya bean sprouts. Cook for 15 minutes then add the prawns and cook for another 5 minutes.
- Sprinkle with a dash of soya sauce.

# TR90® EATING PLAN

Now you have this knowledge, start by **writing down your current eating habits** and **rethink them little by little**. Are there some things you already eat that fit in with the programme? What could you easily add and what do you need to change?

Want to try an **ideal plan**? We will give you some ideas on the next pages, but remember that **this programme is flexible** and that these options are only possibilities. For the **best results in the long term**, you should see what's best for you and how you can **adapt your eating plan so it's achievable for you**.

## GOOD NUTRITION ALL DAY LONG

= 5 x **build** + 1 x **fuel** + 4 x **protect**

+ 1 x TR90® M-BAR (= 1 x build + 1 x fuel + 1 x protect)

**Spreading your protein intake throughout the day will improve protein absorption**, as the body can only absorb a certain amount of proteins at once.

### BREAKFAST

✓ **2 x build + 1 protect + 1 fuel**

+ 1 TR90 JS\* + 1 TR90 COMPLEX C\*\* + 1 TR90 COMPLEX F\*\*

- 2 eggs or 1 chicken filet and 1 fist-sized portion of quinoa, tofu or lentils or 2 x 4 tablespoons quark or skyr\*\*\*
- 1 slice of wholegrain bread or rye flatbread, 1 cupped handful of almonds, raw nuts or porridge
- 1 open palm of fruit (2 mandarins, 1 apple or 6 Inca berries)

### SNACK

✓ **1 x build + 1 x protect**

- 1 yoghurt (125 g), 4 tablespoons of quark or skyr or glass of milk
- 1 bowl of soup or 1 open palm of raw vegetables (celery, carrots, cauliflower, cucumber, radish) or 1 open palm of fruits (2 apricots, 1 orange, 1 nectarine)

\* Drink each morning for the first 15 days of the programme

\*\* For best results, take 15 minutes before meals. Please refer to daily usages on products labels.

\*\*\* Protein-rich Icelandic yogurt

### LUNCH

✓ **1 x build + 1 x protect + 1 x fuel**

+ 1 TR90 COMPLEX C\*\* + 1 TR90 COMPLEX F\*\*

- TR90® M-bar

### SNACK

✓ **1 x protect**

+ 1 TR90 COMPLEX F\*\*

- 1 bowl of soup or 1 open palm of raw vegetables (celery, carrots, cauliflower, cucumber, radish) or 1 open palm of fruit (1/2 banana, 1 pear, 2 kiwis)

### DINNER

✓ **2 x build + 1 x protect**

+ 1 TR90 COMPLEX C\*\* + 1 TR90 COMPLEX F\*\*

- A portion of salmon or white fish twice the size of your palm, or a palm-sized portion of meat and 1 fist-sized portion of quinoa, or 1 fist-sized portion of beans and 1 fist-sized portion of feta, or 1 palm-sized portion of shrimps and 4 tablespoons yoghurt or skyr etc.
- 1 open palm of vegetables (courgettes, aubergines, peppers, lettuce, broccoli)

**Complete your journey with TR90® Complex C\*\* & Complex F\*\*.**  
**Boost your vitamine and mineral intake & take care of your health.**

## PICK THE BEST OPTION & THE RIGHT PORTION SIZE

What is simplest way to measure things wherever you go? With **your hand**, of course! Everyone needs a different portion size and the size of your hand is in proportion to the rest of your body, making it the perfect measurement unit.



Animal proteins



SERVING SIZE FOR:



Vegetal proteins



Carbohydrates



Fruits & vegetables

\*\* For best results, take 15 minutes before meals. Please refer to daily usages on products labels.

## 10 TIPS TO STAY ON TRACK WHILE TRAVELLING

A **change in your routine** can have a major impact on your eating habits. Here are 10 easy tips you can follow when travelling!

1. Have you booked an all-in package holiday? Then always go for the **vegetables** and stick to **small portions** of meat and pulses. Choose food that is baked in the oven, grilled or steamed rather than fried. And have fresh fruit for dessert.
2. Keep some of the following in your room: **fresh fruit**, **low-fat dairy products** (yoghurt, cream cheese etc.) or **plant-based alternatives** (soy, almond, oat etc.) and **wholegrain cereals** (oats, quinoa etc.).
3. Buy food to cook your **own meals**.
4. Don't overdo it with alcohol: 1 medium-sized glass = 10 g of alcohol = + /- 70 kcal
5. Prepare **healthy lunches** and snacks which are easily packed to eat while travelling.
6. Plan where you will stop... and eat!
7. Restaurant portions are often on the generous side. Eat smaller portions and don't go back for seconds.
8. Try something different on the barbecue: grilled salmon, marinated tofu or pork skewers. Go for chicken or turkey burgers. And grill some red peppers, courgettes, aubergines, peaches and pineapple.
9. **Eat a salad every day!** Holidays are the perfect time to change your routine and enjoy your favourite vegetables!
10. **Drink smart:** water, herbal teas, iced teas, smoothies and coffee without milk, sugar or syrup have fewer calories than sugary drinks and other thirst-quenching alternatives.

## WHY YOU SHOULD ADD CHIA TO YOUR MENU



Chia seeds are all the rage nowadays, and there is a good reason for that! This seed which pops up in so many Instagram posts originally hails from Mexico and is a **good source of flavonols**, which are **powerful antioxidants**. Chia seeds also contain **plenty of protein**, **omega-3 fatty acids** and **fibre**, as well as being a good source of **magnesium** and a very good source of **calcium**.

### GIVE YOUR FOOD A BOOST!

This tiny seed, which does not have a lot of taste, is easy to sprinkle over savoury and sugary dishes. You can add it to your **salads** and **smoothies**, but also use it to prepare delicious **puddings**, **sauces** or **mousses** because of its unique ability to 'gel'.

While a lack of taste is generally a drawback when cooking, the fact that chia seeds don't taste of anything in particular is a real advantage as you can easily use them in your favourite dishes without changing the taste. They also work well with oat flakes, toast or scrambled eggs, soups or oven-baked dishes.

### WHERE TO FIND THEM?

You can find whole brown or white chia seeds in many shops. Ground chia seeds are also available, which need to be refrigerated after opening to preserve their omega-3 content.

# WHY YOU SHOULD ALLOW YOURSELF THE ODD CHEAT MEAL

Is a cheat meal **really cheating**, and will it affect your diet and stop you from losing weight? No, even though the answer is a little more complicated than that. **How you cope with a cheat meal** depends on your ability to correct it.

## IF YOUR DIET IS **TOO STRICT** YOU ARE MORE LIKELY TO GIVE UP

Keeping your weight in check in the long-term is a bit **like running a marathon**: training will help you achieve your goal but too much training can be harmful! Wanting to go too fast and too far when you are losing weight is also counter-productive. That is why you should **let your hair down** now and then. It will keep you motivated. You have worked hard for your treat. So **enjoy every second of it** and don't see it as a failure!

## MODERATION IS BETTER THAN SELF-DEPRIVATION

Cheat days work for some people, both physically and mentally. For others, they are a pitfall they should avoid at all costs. The most important thing is to **know yourself!** If you have no problems with the attitude that it is okay to cheat sometimes and if cheat days **don't undermine your efforts**, go for it! But if you are afraid it will lead to a change in lifestyle or a less healthy lifestyle, then don't have cheat days. Instead opt for **small snacks or treats** throughout the week.

## DON'T LET YOUR **EMOTIONS SABOTAGE YOUR DIET!**

If you think you might be an **emotional eater**, here are some tips to **face your demons head on**:

1. Take notes and identify **the nature of your emotions** and the situations in which you eat compulsively. If you understand what's going on, you can act and **prevent this** from happening again!
2. Connect with your brain: the time you need to enjoy a meal and decide to stop eating is approximately 20 minutes. So **take the time to eat** and chew your food so that you know **how hungry you really are**.
3. Cheat your body's food cravings: **find something else to do** to keep your mind occupied.
4. **Don't repress your emotions**: recognise and experience them rather than burying them in food. Forgive yourself, **don't ever give up**, and move on!

# 8 REASONS WHY YOU ARE ALWAYS HUNGRY & HOW TO COMBAT THIS

1. **You don't eat enough fibre**
  - > Chose **wholegrain cereals** instead of white alternatives; eat raw vegetables and fresh fruits.
2. **You don't eat 5 times a day**
  - > Eat **3 main meals + 2 snacks** every day
3. **You don't eat enough protein**
  - > Check out the **portion guide** and the suggested protein-rich foods.
4. **You eat big portions instead of small ones spread out throughout the day**
  - > Your stomach is used to big portions and has stretched. It takes time for it to shrink back to normal size again and **get used to smaller portions**.
5. **You don't drink enough water**
  - > Take a **1.5 litre bottle water** with you everywhere you go (= 8 glasses of 200 ml / day). Drink all day long and finish it before you go to bed. Water is the best drink you can have. Liven up your drink with fruits and flavours (such as rosemary and raspberry, lemon and orange etc.) and drink tea, coffee or soup to meet all your hydration needs.
6. **You think you're hungry but you aren't really**
  - > **Listen to your body** and ask yourself before eating: I am eating because I am hungry?
7. **You eat too fast; your brain doesn't have the time to receive the signal that you are full.**
  - > Learn to **eat more slowly**, see what you eat and put your knife and fork down after each bite.
8. **You don't eat at the right times**
  - > **Divide your food intake consistently** to have a fixed number of hours between meals. Don't forget to have a **snack** after physical activity.

# MOVE

## WHY YOU SHOULD SAY YES TO SPORTS!

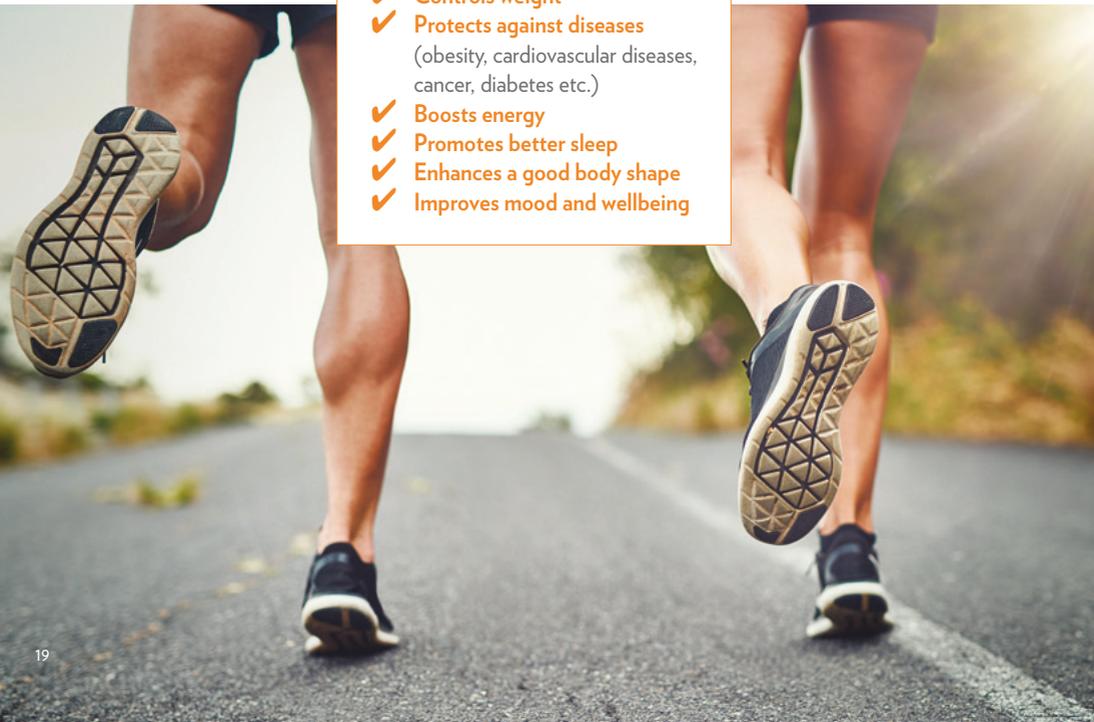
*Great, you have already got this far.  
Good job :-)* We are happy to have you here with us.

Let's move a bit before starting to read more about this active part of the programme!

- Get up, stand on tiptoes and raise your arms up high above your head. Now jump 3 times. Done? OK, now you can go on reading.

You've probably heard a lot about the **health benefits of exercise and sport**. We've listed them below just to show you that exercise and sport are a **vital part of daily life**.

- ✓ Controls weight
- ✓ Protects against diseases (obesity, cardiovascular diseases, cancer, diabetes etc.)
- ✓ Boosts energy
- ✓ Promotes better sleep
- ✓ Enhances a good body shape
- ✓ Improves mood and wellbeing



## CHOOSE WHAT FITS YOU BEST & GET ALL THE NUTRIENTS OF A HEALTHY MEAL

15%  
OFF

Enjoy 15% off on the TR90® M-Bars available in **Chocolate**.

Valid on the purchase of 2TR90® M-bar 30-pack.

Code 1 for your first 30-pack

Code 2 for your second 30-pack

Enter your unique promotion code\* at [www.nuskin.com](http://www.nuskin.com)

\* Each promotion code will entitle you to a 15% discount on one TR90® M-bar 30-pack, subject to availability. A promotion code can be used only once per purchased TR90® 90-Day Chocolate Kit and only by the Nu Skin ID who purchased the kit from Nu Skin. Only one promotion code can be used per order. Offer is not valid with any other offers, discounts or promotions. To receive your 15% discount, simply enter the promotional code in the field "promotion code", which appears on the shopping cart page.

# WHAT IS THE IDEAL HEART RATE TO BURN FAT?

Your heart rate is a great way of measuring the intensity of your exercise. So how can you achieve the right heart rate to burn fat and get into the zone for weight loss? Look at this guide!

## BASICS

Your body is continuously burning fat. But it is also a great machine that harnesses the energy it consumes. In other words, if you want to lose weight, you need to be **more active**. Your heart rate is one of many indicators of your activity level, meaning the more you exercise, the higher your heart rate will be.

There are three heart rate zones:

1. **Resting heart rate** (number of beats per minute when resting)
2. **Target heart rate** (perfect for fat-burning)
3. **Maximum heart rate** (don't go beyond this point when exercising)

## THE MORE YOU EXERCISE, THE MORE YOU BURN!

The **ideal heart rate** is between 60% and 80% of your maximum heart rate. While your body burns a higher percentage of calories from fat during lower intensity training, high intensity training will burn more calories, and you will lose more weight faster.

But it's much better for your health if you don't just do high-intensity workouts: **variety is the spice of fitness**.

## HOW TO CALCULATE YOUR TARGET HEART RATE

1. Start by calculating your maximum heart rate, which is 220 minus your age.
2. If you have just embarked on your weight loss journey, then you should aim for a target heart rate that is slightly lower than 70% of your maximum heart rate. The American Heart Association even recommends 50% for people who are just starting out.
3. Use the following formula:  $(220 - \text{AGE}) * 0.7$   
An example? The maximum heart rate of a 25-year old tennis player is 195, meaning her ideal fat-burning heart rate is  $195 \times 0.7$ , or 136.5 BPM (beats per minute).



# WHAT TYPE OF EXERCISE PRODUCES WHAT RESULTS?

## ENDURANCE TRAINING

Or cardiovascular training

- ✓ Activates breathing
- ✓ Accelerates heart rate

> Overall fitness & wellbeing,  
fat burning & weight maintenance

For example: brisk walking, jogging,  
biking, swimming, triathlon etc.

## RESISTANCE TRAINING

Or strength training

- ✓ Strengthens the muscles

> Improves overall strength & tones the body

For example: lifting weights, squats, planks, bridges and side leg raises etc.

## BALANCE & FLEXIBILITY

- ✓ Reinforces inner muscles
- ✓ Freedom of movement

> To avoid injuries, age-related decline in daily activities and muscular stiffness

For example: yoga, tai chi, standing on one foot, stretching etc.



### *Did you know?*

These exercises are a good way to combine the fundamental factors **MOVE** and **LIVE** as they allow you to **connect body and mind**. To keep your balance and work on your flexibility you need to:

- focus on your positioning
- centre your attention on this moment
- connect to your inner being
- think about breathing in and breathing out

# 3 HIGH-INTENSITY INTERVAL TRAINING EXERCISES

**HIIT** (High Intensity Interval Training) is based on **periods of fast and intense exercise alternated with short recovery periods**. HIIT sessions have a lot of health benefits, as well as strengthening your muscles and burning fat.

## 1. PLYOMETRIC PUSH-UP

A great exercise to **strengthen your upper body**, which works on your chest, triceps, deltoids and abs.

- Begin in push-up position.
- Slowly lower your body toward the ground, bending your elbows until your face almost touches the floor.
- Push up and away from the floor as quickly as possible.
- Clap your hands then land with your hands back on the floor (if you dare).

## 2. TUCK-UPS

This exercise, which is like a seated or modified crunch, is an **excellent exercise** to get your **heart rate** going.

- Lie down on your back.
- Bring your knees towards your chest and your heels towards your bottom.
- Raise your shoulders from the ground and bring your hands towards your feet.
- Return to your original position and repeat.

## 3. SKIPPING

Skipping is a complete exercise that **activates the muscles of your legs, shoulders, trunk and arms**. There are many variations. So what is the right way to skip?

- Only jump an inch or two off the group, leaving just enough space for the rope to skim beneath your feet
- Keep your elbows close to your sides when skipping. The movement comes from your wrists and forearms, not your shoulders.

To find the right skipping rope, place one foot in the centre of the rope and raise the handles – your wrists should not be higher than your armpits.

# GAME, SET AND MATCH: EXERCISES FOR TENNIS PLAYERS

## A WARM-UP IS CRUCIAL

It prepares your **heart** and **lungs**, stretches your **muscles**, **improves coordination** and movement and **activates your nervous system**. So you are always on the ball! After a few stretches, start with 5 minutes of light cardio to increase your heart rate.

Besides **trunk rotation stretches**, some **high-knee tuck jumps**, **lunges** and **heel-to-buttock stretches** are a great warm-up for your match.

## THREE EXERCISES TO IMPROVE STABILITY AND PREVENT INJURY

- **Sit-downs holding a medicine ball:** an excellent way of increasing the strength and stability you need for smashes and serves.
- **Seated diagonal torso twist:** this exercise, which mimics the rotating movement you use for backhands or aces, is a great way to improve your technique and stability.
- **Supine bridge and upper torso twist holding a ball:** this excellent exercise improves your balance.

*Do you like tennis and do you want  
to improve your game?  
Then try to add some of these  
workouts to your training programme.*



# BUSTING SOME MYTHS ABOUT SWIMMING

Everyone is aware of the health benefits of swimming. But what about the **myths about swimming** that abound on the internet? Here are our top three.

### MYTH nr. 1: SWIMMING WILL MAKE YOU TALLER

Professional swimmers are essentially **selected for their height**. Will swimming make you taller? No, it doesn't work that way round.

### MYTH nr. 2: BUTTERFLY IS THE BEST STROKE TO HELP YOU LOSE WEIGHT

Breaststroke, crawl, backstroke: all the swimming strokes will help you lose weight. So instead of getting bored because you always do the same stroke, why not **alternate between different strokes**? The possibilities are endless and they will **help you lose weight** in a more targeted manner. It's all good if you're in the water!

### MYTH nr. 3: SWIMMING AFTER EATING WILL GIVE YOU CRAMP

While digestion diverts blood away from your muscles, it does not prevent them from working properly. And there is **no documented case** of anyone drowning because their tummy was too full!

# HOW TO MAKE A WORKOUT PLAN

by Nutrition & Sports team Food in Action\*

It's easier to achieve your goals if you make a workout plan. This gives you an **overview of your training sessions** and exercises, so you avoid only focusing on one type of exercise. Always start your training with a good warm up of 5 to 15 minutes as this will **benefit your workout and help to avoid injuries**. Following your workout, take at least 10 minutes to cool down while your muscles are still warm. In between those you can add different types of exercise (endurance training or resistance training). The most important thing is to **change the muscles** you use regularly. For example, combine weightlifting with squats and side leg raises.

- > Always warm up for 5 to 15 min
- > Pick one exercise for each major muscle group
- > Add regular but short rest breaks between exercises
- > Stretch for at least 10 min after your workout

## Example of a weekly plan

MONDAY	= endurance training
TEUSDAY	= total body strength training
WEDNESDAY	= rest day
THURSDAY	= total body strength training
FRIDAY	= rest day
SATURDAY	= endurance training
SUNDAY	= rest day

## Example of endurance training

- + 10 min warm up
- + run for 15 min
- + 5 min walk
- + bike another 20 min
- + 5 min walk
- + run for 15 min
- + cool down for 10 min

## Example of resistance training

- + 15 min warm up
- + 3 circuits consisting of :
  - 15 rounds of squats
  - 12 rounds of dumbbell bench presses
  - 15 leg raises lying down
- 1 min rest between circuits
- + 10 min cool down

## Tips for when you really don't feel up to exercising

Walk around more than usual, stand up more often during the day, stand on one leg while brushing your teeth, stretch your muscles while cooking, stand on tiptoes when walking up the stairs, sit down on a mat in front of your TV and do some yoga exercises while watching your favourite TV programme etc.

\* Food in Action is a Belgian nutrition & health information media dedicated to healthcare professionals. More info on [www.foodinaction.com](http://www.foodinaction.com)

# NUTRITION & SPORTS: KEY ASPECTS

Real athletes need to **eat the right nutrients at the right time** for a good athletic performance. If you eat the wrong food before an important and intensive training or competition, this may affect your performance. A brief run-down:

## PRE-EXERCISE EATING

### > Top up your reserves

- ✔ Eat your last meal no more than 3 hours before exercising.
- ✔ Go for carbohydrates and protein (e.g. rice with a chicken breast or a few slices of bread with hummus) before a long, intensive training session (endurance training).
- ✔ Make sure you are well hydrated.

## DURING YOUR WORKOUT

### > Eat while exercising to ensure you can successfully complete your training session

- ✔ Drink enough water while exercising (+/- 600 ml water/hr).
- ✔ Eat a small high-carb snack/hr (dried fruit, TR90® M-bar etc.) during long, intensive workout sessions (> 1hr30min).

## AFTER YOUR WORKOUT

### > Recovery

- ✔ Eat a low-fat snack with a combo of carbohydrates and protein (e.g. banana + skimmed chocolate milk, a ripe piece of fruit + yoghurt or skyr, shakes) within 30 min after your exercise.
- ✔ Or eat a full meal just after your workout (until max. 30 min after your workout): 2 x build + 1 x fuel + 1 x protect.
- ✔ Make sure you are sufficiently hydrated after your workout.

## 8 TIPS TO GET PAST A WEIGHT LOSS PLATEAU

Are you doing everything right but finding **you just can't shift that weight**? Don't worry: you might be on what's known as a weight loss plateau. Try to understand what is holding you back and **how to overcome this** obstacle to achieve your goal.

### WHY AM I NOT LOSING ANY MORE WEIGHT?

There are various things that may be **slowing down your weight loss efforts**:

- You may have simply reached **your body's natural comfort zone** and your body may resist any efforts to lose more weight.
- Eating less will slow down your **basal metabolic rate**. Your body has adapted and therefore burns fewer calories.
- When you start training, your muscles build and consume more calories. Once they've adapted to this, exercise will have **less of an impact**.
- After people have shed a few pounds, they tend to **let their guard down** and eat larger quantities again.

### 8 EASY TIPS by Nutrition team of Food in Action\*

1. **Exercise** may be a great way of losing a few additional pounds.
2. By **varying the intensity, duration or frequency** of your workouts, you push your body to work harder than usual.
3. **Avoid too much exercise**, as this may force your body to adapt and burn fewer calories.
4. **Regular strength training** may help you get past a plateau.
5. Monitor your weight regularly and **write down what you eat**. It will help you correctly assess your calorie intake and adapt it if necessary.
6. Eat **more lean protein** (dairy, poultry, pork, eggs, vegetable protein etc.). It's a great source of energy for your muscles and helps keep your weight under control.
7. **Fruit and vegetables** are an excellent option for anyone who is trying to get past a weight loss plateau.
8. Take a step back and **regain your self-confidence**: if you make good use of this period, you will notice that you are exercising more, that you have **improved your food habits** and that your lifestyle is much **healthier**.

## SPORTS TO PROMOTE GOOD SLEEP

Did you know that sport promotes a **more restorative sleep**? At least if you work out at the right time of the day and at the right intensity.

### SCIENTIFICALLY PROVEN

The research is unanimous:

1. If you have done any type of physical activity during the day, you will end up **going to sleep earlier** (30 minutes on average) because of the fatigue you will feel as a result.
2. You will sleep approximately **15 minutes longer** if you have done vigorous exercise during the day.
3. The duration of the deep sleep stage is approximately **20 minutes longer**.
4. In addition to having a positive effect on sleep duration, physical exercise will also make you **sleep deeper throughout the night**.

### MAXIMISING THE BENEFITS OF PHYSICAL ACTIVITY ON SLEEP

- A regular workout programme is vital to improve the quality of your sleep. Exercising for **30 minutes three times a week** is more beneficial than one long exercise session at the weekend.
- **Endurance training** (running, walking, swimming, cycling) **at moderate intensity** and a sustained pace are the best options.
- Certain times of the day are more beneficial than others: you should **exercise in the morning or afternoon**, especially when doing sports that give you an adrenaline boost (like competitive sports), which will make it harder to fall asleep.

*30 minutes training at moderate intensity,  
in the morning or afternoon,  
3 times a week*

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## 5 WAYS OF GETTING BACK YOUR TRAINING MOJO

What should you do when you no longer feel like exercising?  
Follow these 5 tips to **rekindle your passion for exercise** and develop your endurance.

### 1. IF YOU FEEL EXHAUSTED, TRY SOMETHING NEW

There's **nothing worse than boredom**, and that also applies to sports! If you feel bored, then perhaps the time has come to **find a new activity** that is more stimulating for your brain.

### 2. FIND A TRAINING PARTNER

If you know that you'll leave your training partner in the lurch by not turning up, you'll be much **less inclined to give your training session a pass**.

### 3. PUT TOGETHER A NEW PLAYLIST TO GET YOU GOING

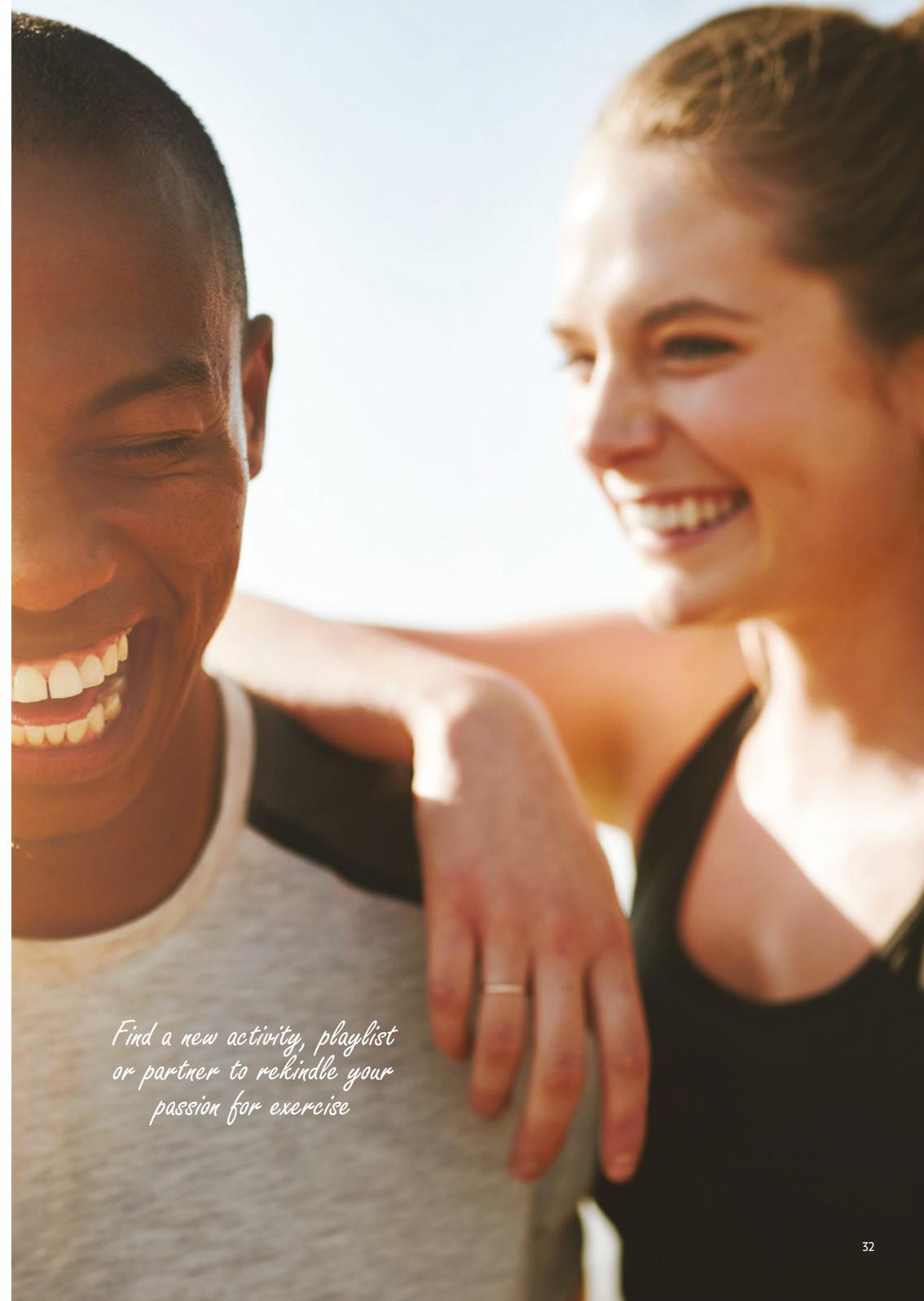
A new playlist, a new album or the last episode of **your favourite podcast** can also be extremely motivating, especially if you know that your workouts are the only **opportunity you have to listen to them**.

### 4. FORGET ALL ABOUT WHAT YOU THINK YOU SHOULD DO

Yes, it would be better if you had a **well-balanced exercise routine** that targets every aspect of your condition, but **this can be unrealistic** for many of us and in some cases even impossible to keep up. You'll realise that once you no longer feel duty-bound, you'll have **much more fun**.

### 5. AND IF ALL ELSE FAILS, GIVE YOURSELF A BREAK

Sometimes a lack of motivation is a signal from our body that **we need to slow down**. Take a break and **come back stronger!**



*Find a new activity, playlist  
or partner to rekindle your  
passion for exercise*

# LIVE

## BODY & MIND

How often do you come home exhausted after a long and intense day at work? Do you pour yourself a glass of wine and sit back in the sofa, wondering where the **last bit of energy** will come from to get up and work out or cook something tasty? We have the solution: **adopt a healthy lifestyle** by combing the three fundamental factors **EAT, MOVE and LIVE!** This is the solution to help you feel better and be better. Good nutrition, regular physical activity and enjoying life can give you the energy you are looking for.

The word LIVE means exactly what it sounds like: **enjoy life the full**, each and every moment of the day. Take the time to do things you love and don't push yourself past your limits. You need to learn to listen to your body and feel the connection between body and mind. When you have the capacity to feel your emotions, **accepting your feelings and living with them instead of avoiding them** and trying to bury them, **you will feel lighter**.

### HOW TO LISTEN TO YOUR BODY FOR BEGINNERS

by Health team of Food in Action\*

- ✓ Focus on your breath for 5 minutes before you get out of bed in the morning and before you fall asleep at night.
- ✓ When your mind starts to wander: notice what you are thinking about, accept it and let it go again, focusing on breathing in and out.
- ✓ Continue doing this, and take a few minutes throughout the day to do the same.
- ✓ Ask yourself at regular intervals how you feel at that moment.
- ✓ Feel your position: are you sitting straight, standing tall or lying down? Can you feel what is beneath you? Focus on the different parts of your body that are in contact with the ground, and feel this connection.

*«Make it a habit and find your own way of listening to your body!»*

Health team of Food in Action\*

\* Food in Action is a Belgian nutrition & health information media dedicated to healthcare professionals. More info on [www.foodinaction.com](http://www.foodinaction.com)

## IT'S ALL ABOUT FINDING THE RIGHT BALANCE

The hardest part to change can seem to be your work, but it is essential to find **the right balance between work life and private life!** Yes, we all need to achieve our goals at work, and yes, we all want to get promoted. But sometimes you need to **take a step back**, look at this life and ask yourself where you really want to go.

Would it be such a bad thing to:

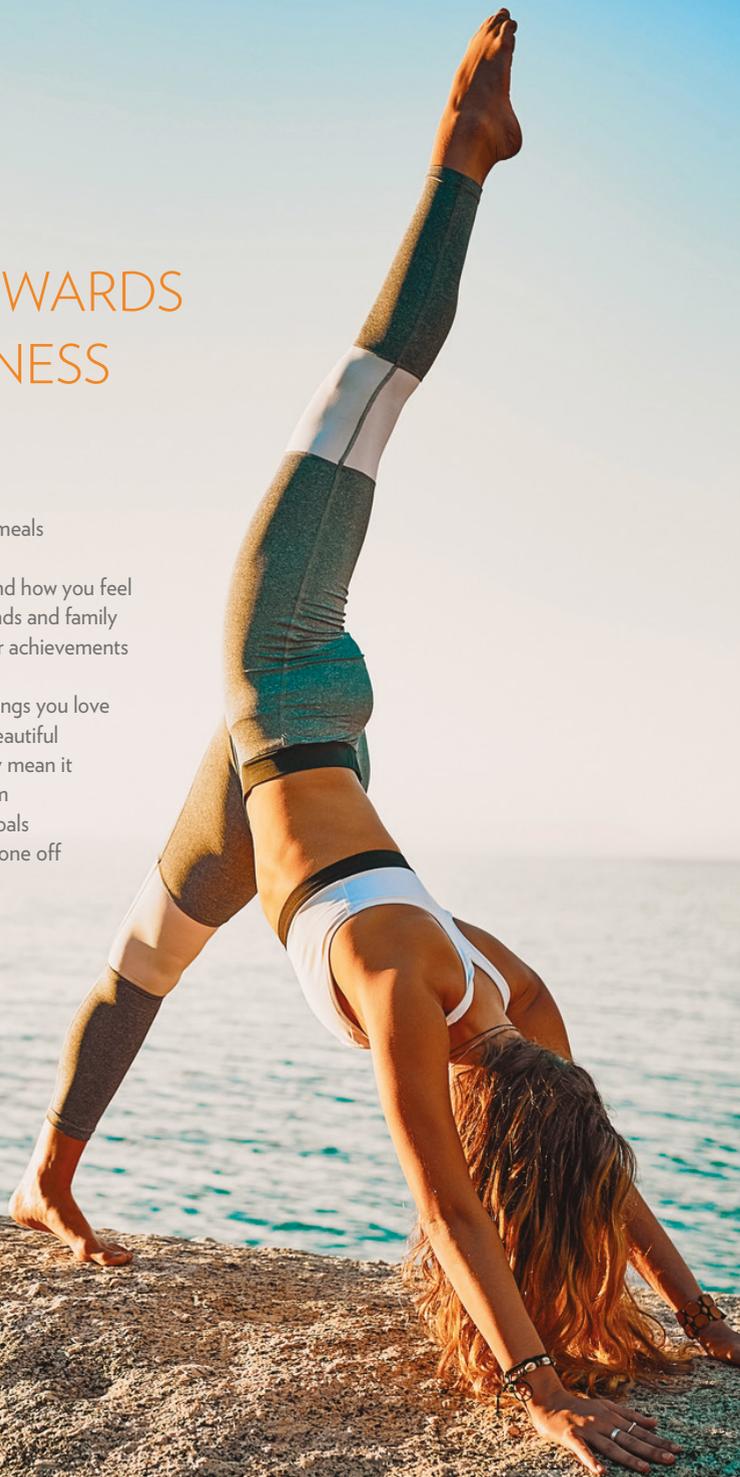
- Leave the office on time?
- Switch off your phone after you leave the office?
- Answer this mail tomorrow instead of tonight?

**Disconnecting your mind from work will help you achieve your personal targets**, as you will be more focused and have more energy to achieve them. It's important to find the purpose of your life and find a way to disconnect the reason why you get up every morning from your job. Your private life should be as **important or even more important** than your work life. Does it seem difficult? Don't try to do all at once but take one step at a time!



## STEPS TOWARDS HAPPINESS

- > Listen to your body
- > Exercise daily
- > Eat healthy, balanced meals
- > Challenge yourself
- > Accept who you are and how you feel
- > Get support from friends and family
- > Engage and share your achievements with people
- > Take the time to do things you love
- > Tell yourself you are beautiful
- > Say no when you really mean it
- > Let go of perfectionism
- > Move closer to your goals
- > Regularly turn your phone off



## MINDFULNESS FOR A BETTER WORKOUT

Mindfulness centres are quite different from ordinary gyms. You'll find cushions, candles and cups of tea in **cosy, high-end spaces** that encourage meditation.

### SO WHAT IS MINDFULNESS?

According to the dictionary, mindfulness is “a mental state achieved by focusing one’s **awareness on the present moment**, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.” Mindfulness, which is **really booming**, is also a technique that can be used **to improve endurance, sleep and relaxation**.

### THE KIND OF EXERCISE WE REALLY NEED

Going to these new-style gyms will not make you lose weight. However, it will **reduce your stress and anxiety levels**, which may be making you eat too much or adopt other unhealthy behaviours.

Increased empathy, lower blood pressure, less tendency to feel angry, better listening skills, improved concentration, less anxiety and depression, and the possibility of **being mindful of every moment in our lives** are just a few of the benefits that **mindfulness and meditation** may have.





## HOW TO MANAGE HOLIDAY STRESS?

For many of us, the holidays are the most festive and pleasant time of the year, because they allow us to feel **completely free**. Unfortunately, the holidays can also be a **particularly difficult period** for some.

### HOLIDAYS TO **SLEEP BETTER**

If the holidays make you feel stressed out, consider your **sleeping habits** and ask yourself whether **it's time for a change**. Keep a regular schedule, avoid caffeine and create a **comfortable sleeping environment** in your room. Also **limit your exposure to light** in the evening.

### **GET MOVING!**

Exercise can help you enjoy the high-quality sleep you need but it can also be a **good coping strategy for stress**. Yoga can help reduce anxiety and depression, for example. Why? It's all about the breathing, of course. **Deep breathing** increases the oxygen flow to the brain and stimulates the parasympathetic nervous system, which **promotes a state of healing**.





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