

A large yellow flower with a pink center is on the left, and a smaller yellow flower with a pink center is on the right.

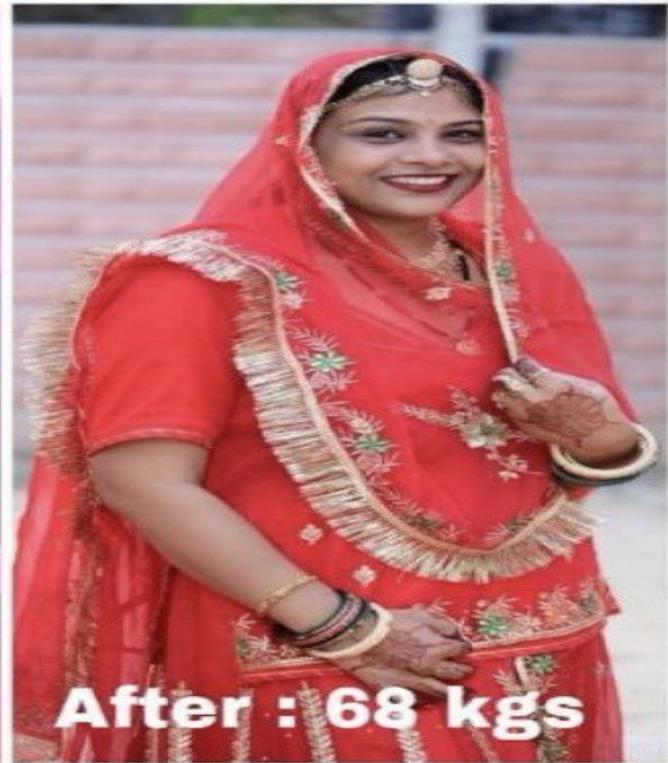
WELCOME All

**Health & Fitness
Freaks**

To

सेहत की
पाठशाला

**TRANSFORMATION :
24 Kgs fat loss**



Fat to Fit





BHAARAT SHARMA

Senior Wellness Coach....

TRANSFORMATION: 24 Kgs Fat Loss



Before :
92 kgs

FAT
to
FIT

After :
68 kgs

Asha Devi Ji



Improved her cholesterol levels, and even avoided knee surgery!



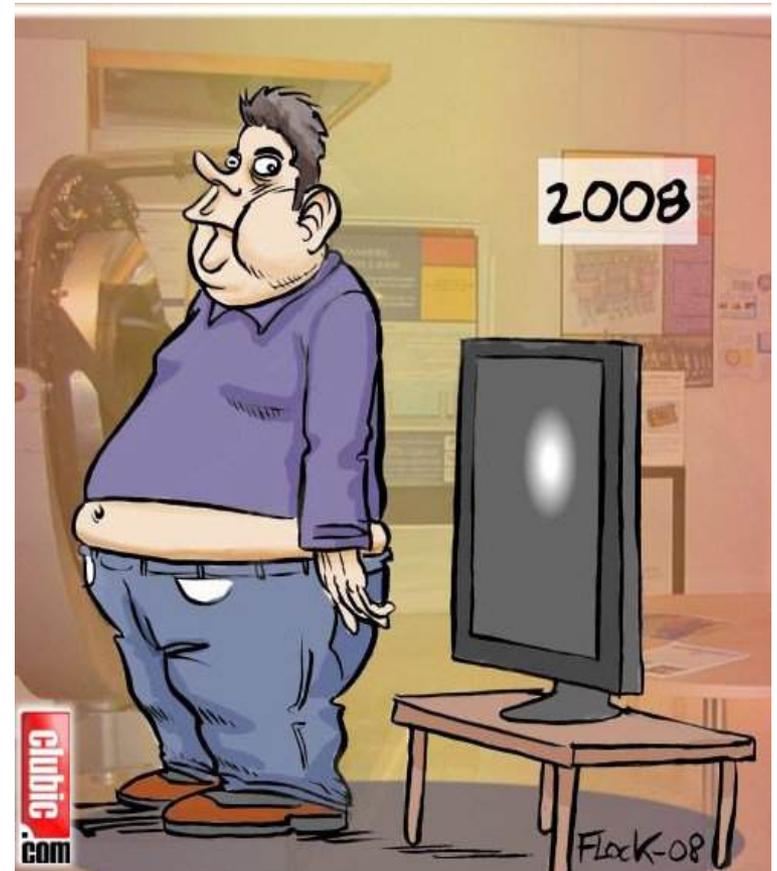
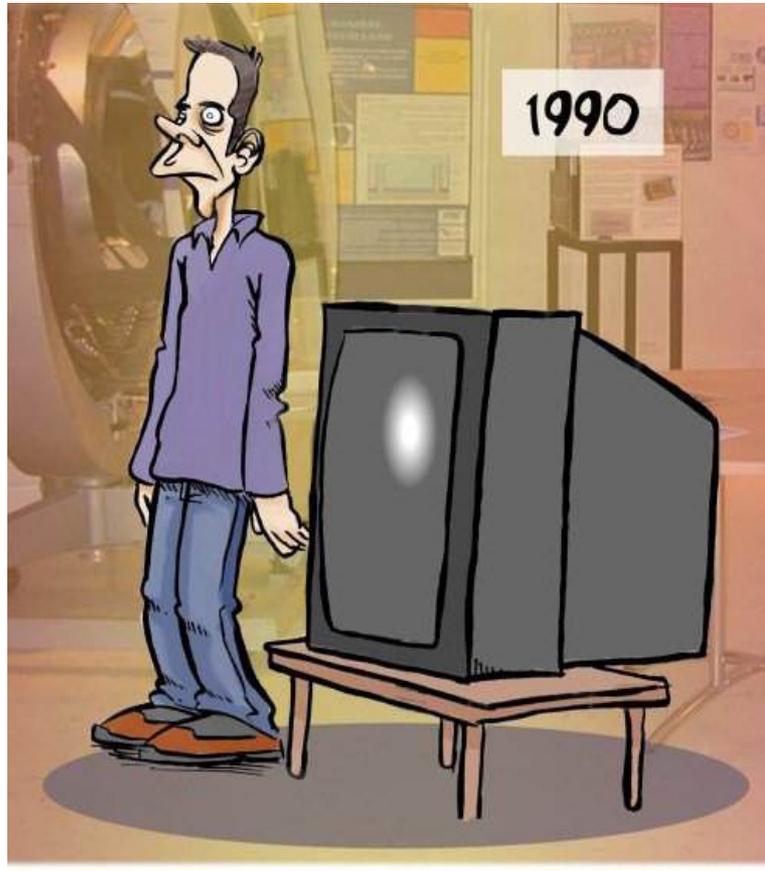
Ajay Sharma



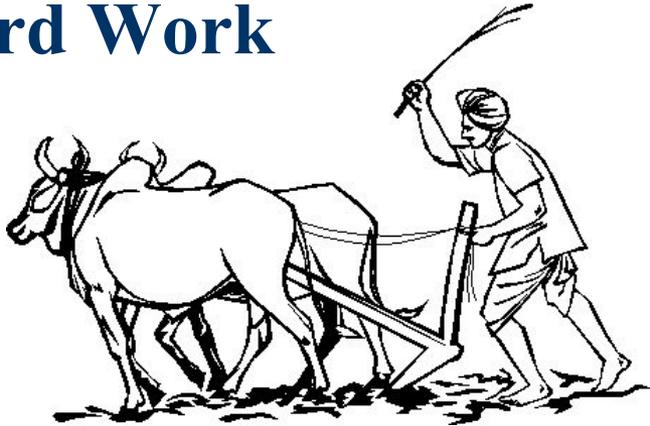
Improved cholesterol levels!!



Who Is Becoming Thin & Who Is Becoming Fat ?



Hard Work



Normal Food



No Work



Normal Food



Major Reason of Obesity



Calorie Intake is
↑
more

Physical Activity
↓
is Less





Healthcare Costs Are **Rising**

The public health expenditure is expected to climb.

Healthcare market in India is expected to reach 28 lakh crores INR by 2022

As of 2015

7.8 lakh crores INR



By 2022

28 lakh crores INR

Obesity and Overweight

Key Facts

Obesity is preventable – there is an opportunity here to help

200
Crores

adults are overweight
globally

47.4
Crores

Indians are affected by
obesity

**HALF THE WORLD WILL BE
OVERWEIGHT OR
OBESE BY 2050**

Results - Current Lifestyle



- TYPE II DIABETES
- HEART DISEASE
- HIGH BLOOD PRESSURE
- STROKE
- CERTAIN FORMS OF CANCER

OBESITY



THE RISK FOR ALL THESE!

WHY PEOPLE BECOME OVER WEIGHT

How to loose weight



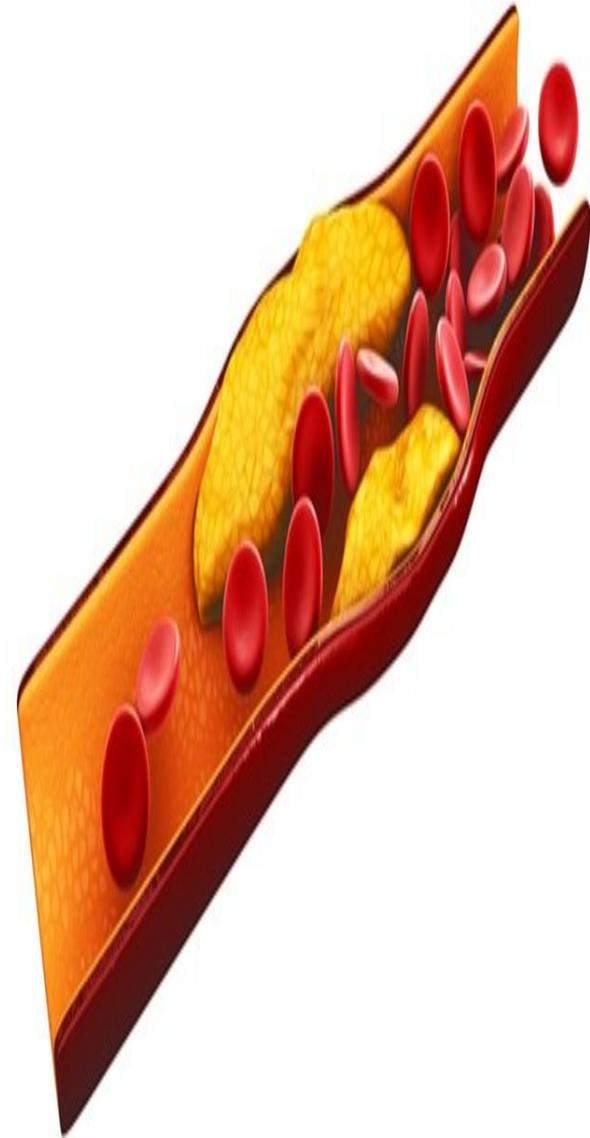
CARDIAC CARE AND CHOLESTEROL AND BLOOD PRESSURE MANAGEMENT

Why is high cholesterol bad for health?

- The extra LDL-cholesterol builds up in the walls of the arteries, forming plaques. Plaques can block your arteries, making it harder for blood to flow through.
- High cholesterol is a risk factor in the development of coronary heart disease**

Scientific evidence suggested that oat beta-glucan help to lower blood cholesterol*

Daily intake of 3g of oat Beta glucan helps maintain healthy blood cholesterol levels *

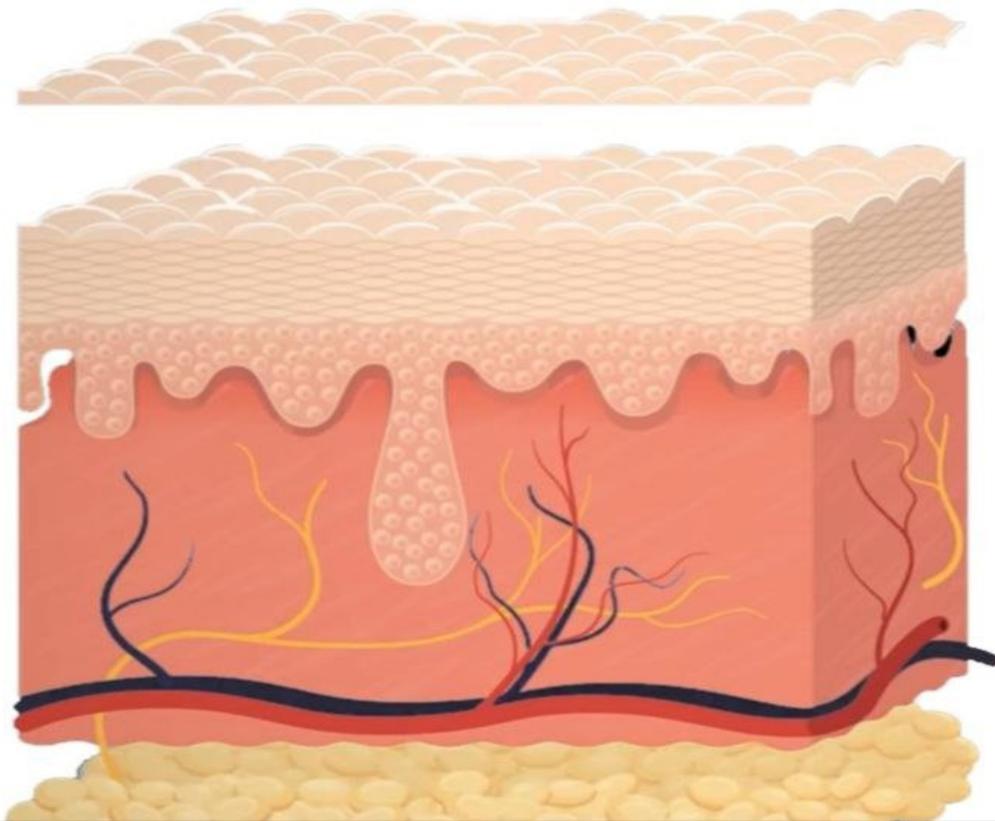


*Whitehead et al. Am J Clin Nutr. 2014;100(6):1413-21 (<https://www.ncbi.nlm.nih.gov/pubmed/25411276>)

**Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3732343/>)



28 DAY CYCLE



Layers of skin

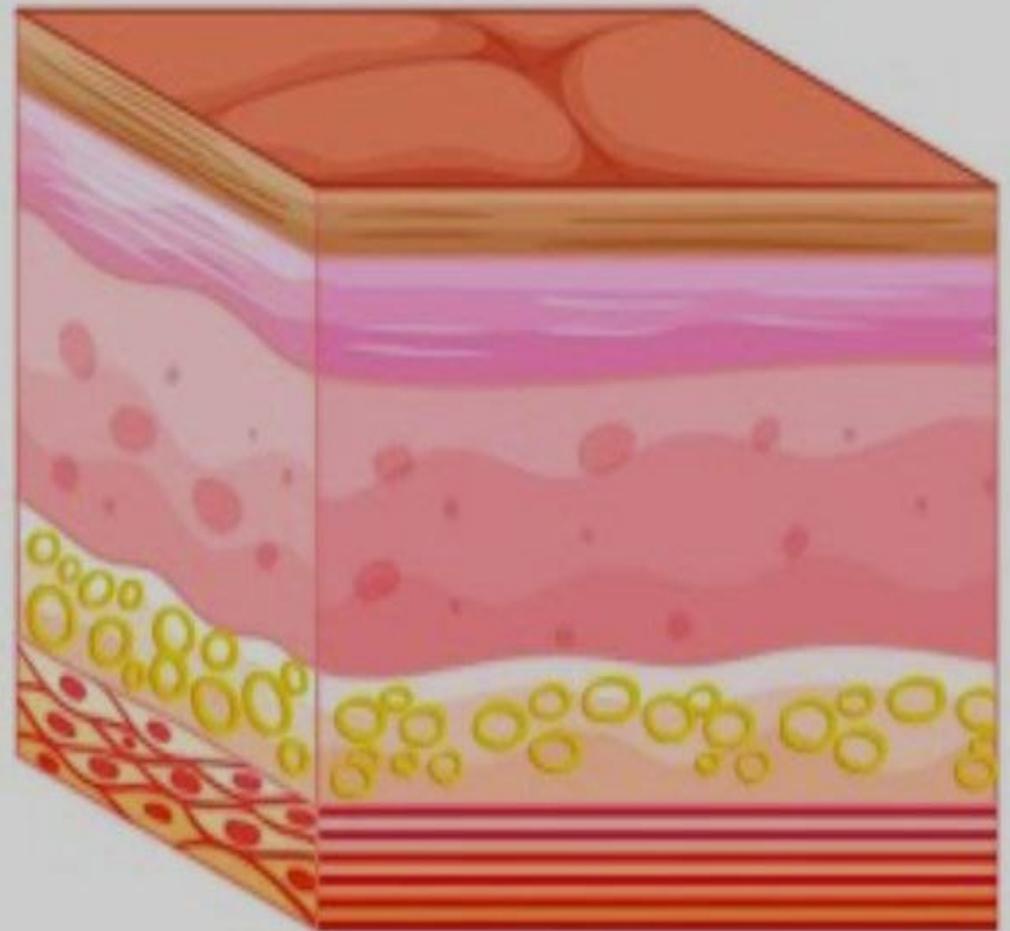


Epidermis

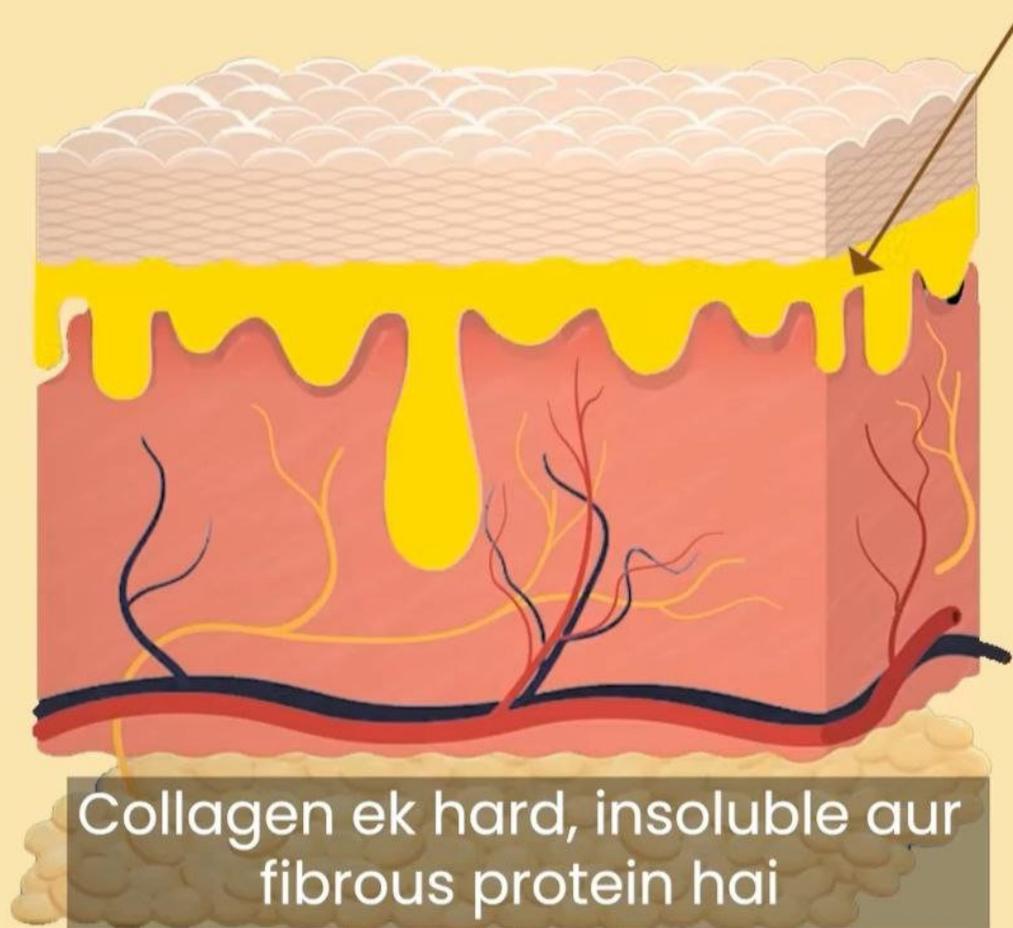
Dermis

Hypodermis

Muscle



COLLAGEN



Collagen ek hard, insoluble aur fibrous protein hai

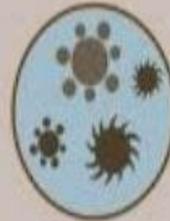


causes of aging

lack of hydration



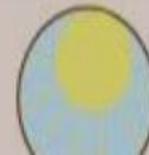
toxins



lack of collagen



ultraviolet (UV) radiation



Food Handling



- Commercialization
- Cooking on High Temperature
- Hormones
- Adulteration
- Processed Food





WHY SUPPLEMENT



1985

An **APPLE**
a **DAY**
keeps the
Doctor
AWAY

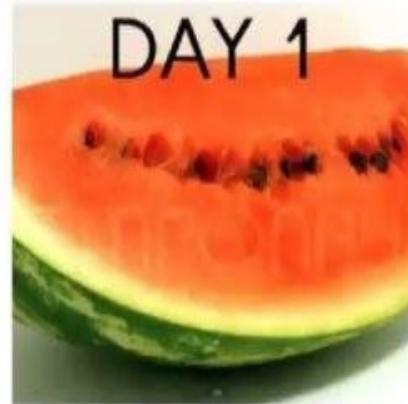


2025



THE HUMAN TOUCH

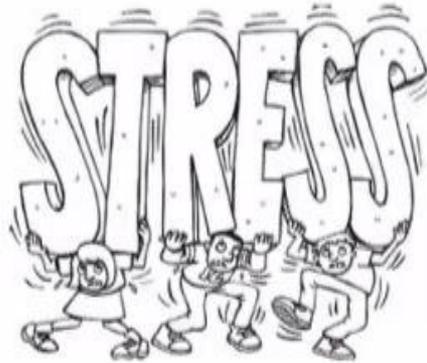
- ✓ Preservatives & processing
- ✓ Radiation
- ✓ Artificial ripening of fruit
- ✓ Fertilizers, pesticides
- ✓ Genetic modification
- ✓ Long transportation distances
- ✓ Long storage times
- ✓ Environmental pollution



Our Current Lifestyle

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HERBALIFE TRAINING DEPARTMENT



Coffee or Tea



If diet is **wrong**,
medicine is of no use.

If diet is **correct**,
medicine is of no need.

- Ancient Ayurvedic proverb

 **Natural News**
Natural Health • Natural Living • Natural News



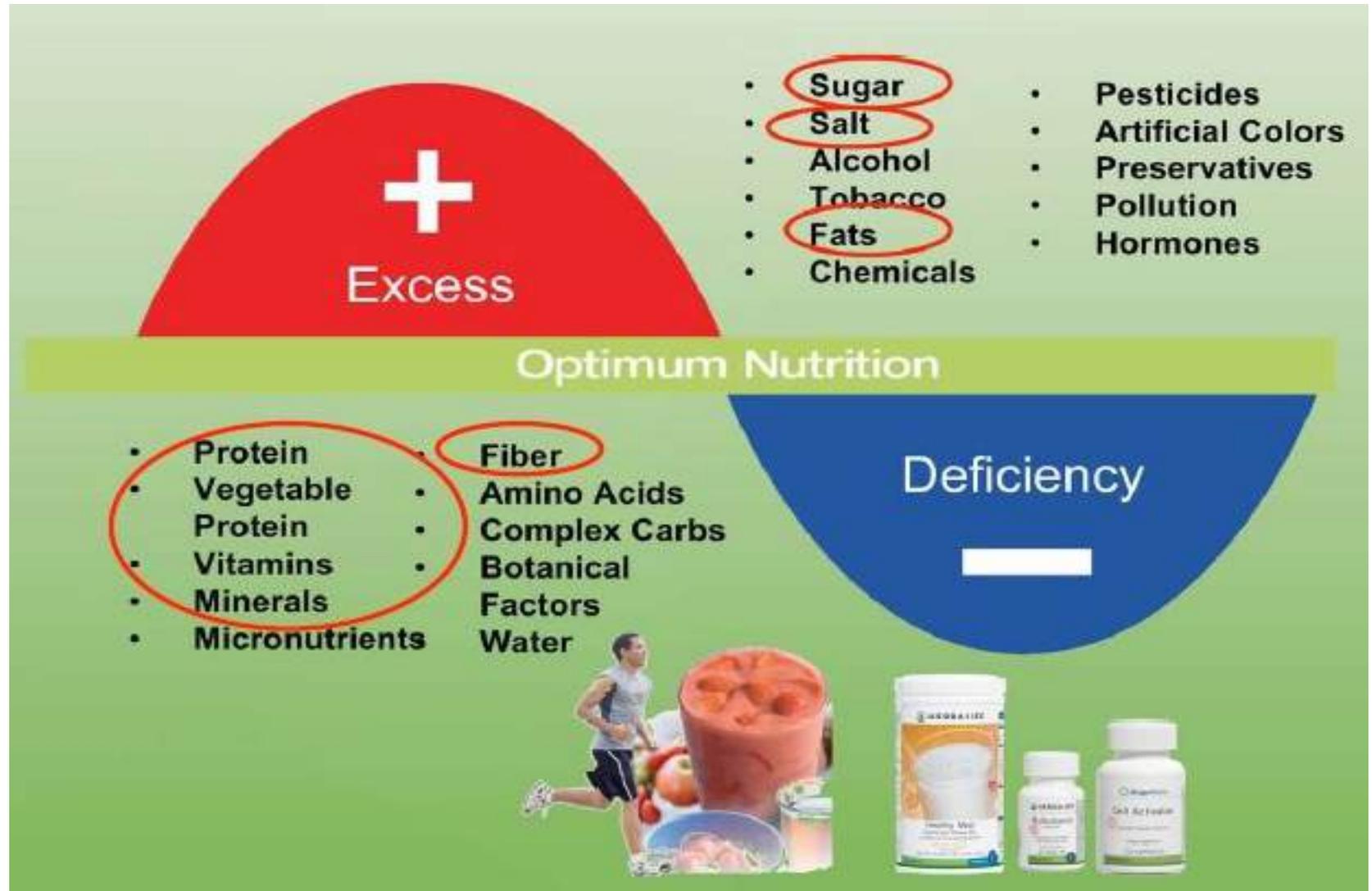
Why Care So Much About Nutrition



Nutrition Affects:

- ✓ Behavior
- ✓ Learning
- ✓ Decision making
- ✓ Performance
- ✓ Vitality
- ✓ Longevity
- ✓ Growth & Fertility

This is Our 'NORMAL' Food





Examples Of Imbalanced Breakfast

Masala Dosa¹

Fat in grams – 12.4
 Carbohydrate in grams – 46.4
 Fiber in grams – 4.4
 Protein in grams – 6.3
 Calories in Kcal - 320



Aloo Paratha²

Fat in grams – 26.9
 Carbohydrate in grams – 95.4
 Fiber in grams – 8.2
 Protein in grams – 11.88
 Calories in Kcal - 660



Poha³

Fat in grams – 7.03
 Carbohydrate in grams - 46
 Fiber in grams – 2.3
 Protein in grams – 5.7
 Calories in Kcal - 270

Imbalance

High Fat: 34%
 High Carbohydrates: 58%
 Low Protein: 8%

Imbalance

High Fat: 36%
 High Carbohydrates: 57%
 Low Protein: 7%

Imbalance

Fat: 23%
 High Carbohydrates: 68%
 Low Protein: 8%

Excess

- Calories
- Carbohydrates
- Fats



Excess

- Calories
- Fats
- Carbohydrates



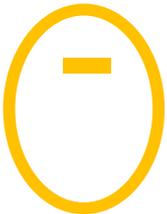
Excess

- Fats
- Carbohydrates



Deficiencies

- Vitamins and minerals
- Protein
- Fibre



Deficiencies

- Vitamins and minerals



Deficiencies

- Vitamins and minerals
- Protein
- Fiber



¹Based on 2 servings of Masala Dosa, ²Based on 2 servings of Aloo Paratha, ³Based on 1 serving (245g) of Poha.

the formula
for a

HEALTHY ACTIVE LIFESTYLE

80%

nutrition

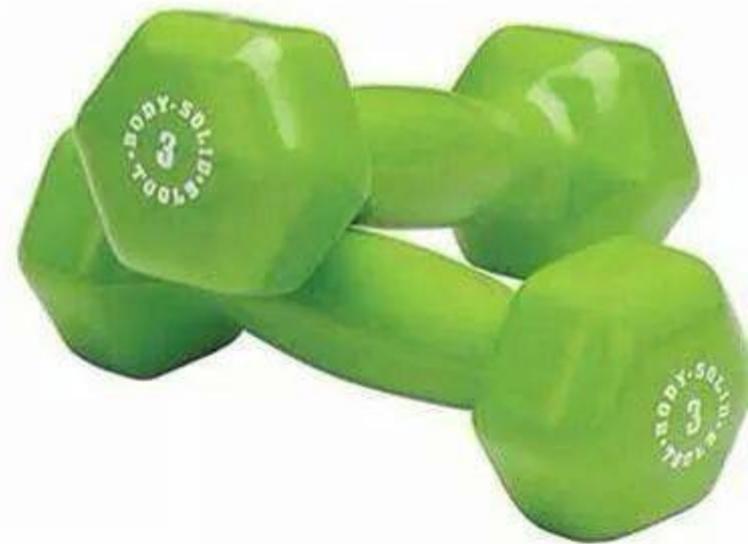


There are many people today who are not achieving desired results because they lack this understanding.

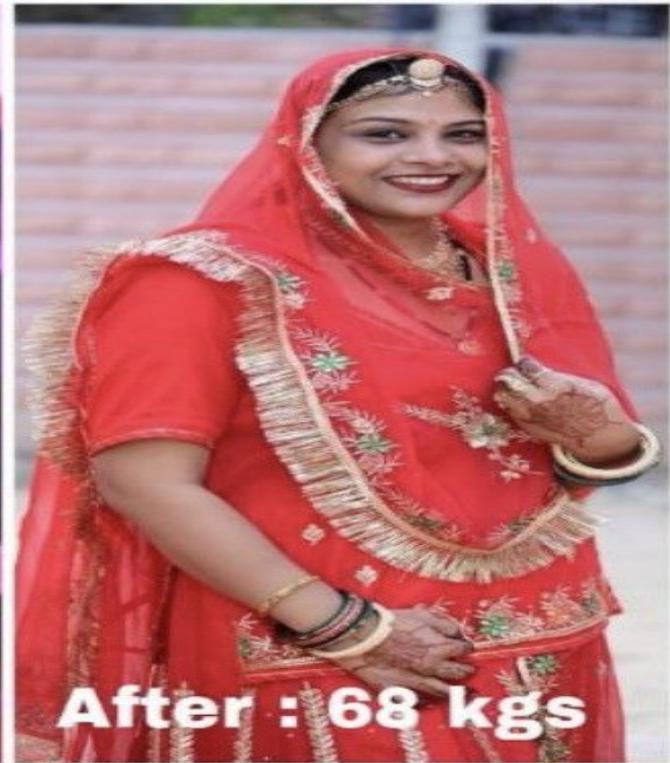
It's all about maximizing fuel to the body.

20%

exercise



**TRANSFORMATION :
24 Kgs fat loss**



Fat to Fit



Asha Devi Ji



10 Kgs Fat Loss

Improved her cholesterol levels, and even avoided knee surgery!

TRANSFORMATION



Before



After



Ajay Sharma



Before 73 kgs



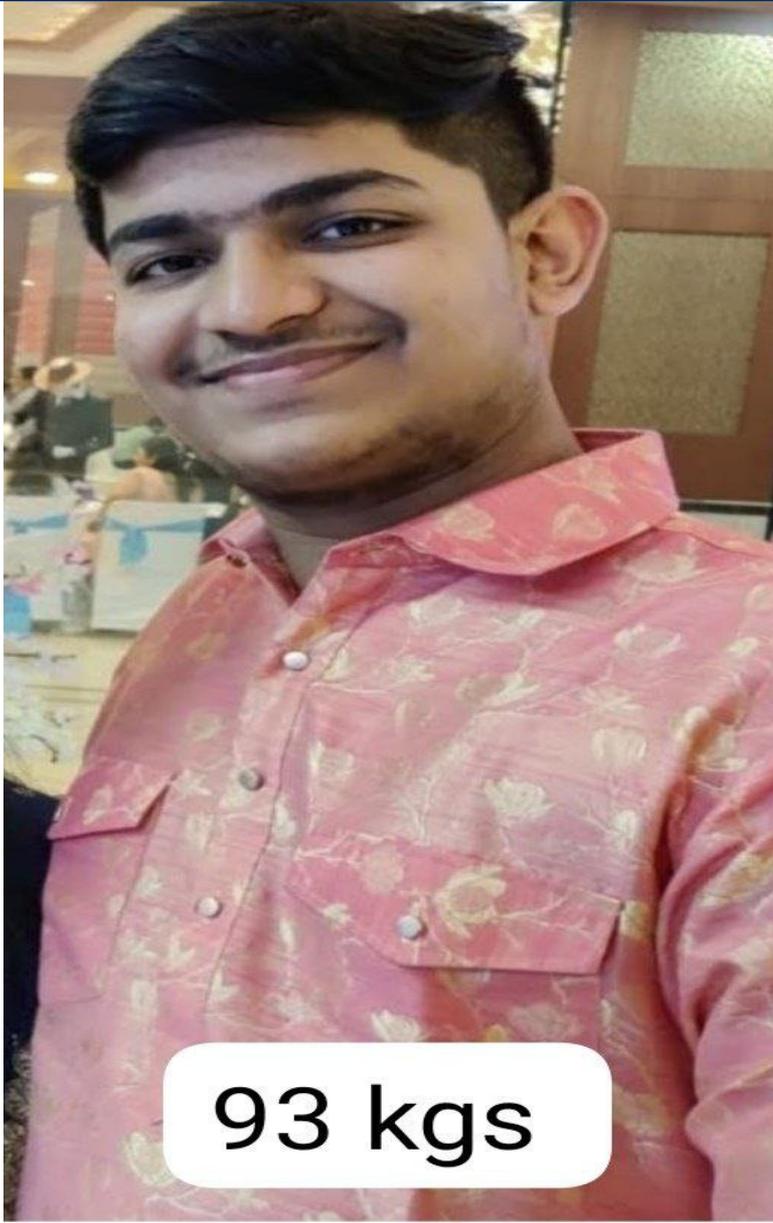
After 65 kgs

8 Kgs Fat Loss

Improved cholesterol levels!!







93 kgs



75 kgs



before



after





Before



After

FITNESS CLUB





Together We Lost 23 kg



Congratulations!



Mr. Giriraj & Ms. Surekha



Before



After

Disclaimer - Result may vary from person to person **11 Kg & 14 Kg Total Fat loss** *Result may vary from person to person*

Result may vary from person to person



Before



After

15KG FAT LOSS & CURE ARTHRITIS



Before



After



🎀 Congratulations 🎀
Mr. Rakesh Kumar



Result May Vary from Person to person

Result May Vary from Person to person



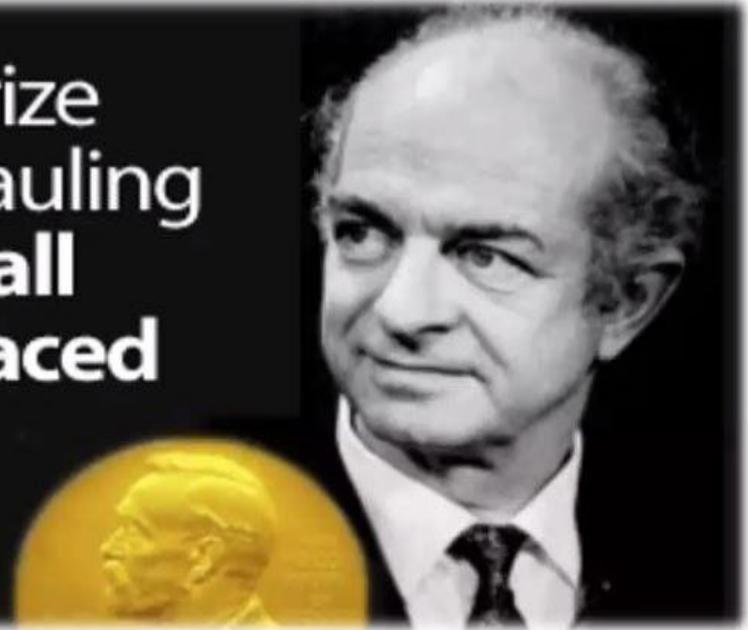
Results may vary person to person. 52 kgs fat loss

🌟 Unbelievable 52 kgs fat loss in 9-10 months at the age of 70 years from our community..



**YOU CAN FIND THE
RIGHT NUTRITION
WITH A
BALANCED MEAL PLAN**

Two time Nobel Prize
winner Dr. Linus Pauling
declared, “**Nearly all
disease can be traced
to a nutritional
deficiency**”.



What is
protein?

Protein



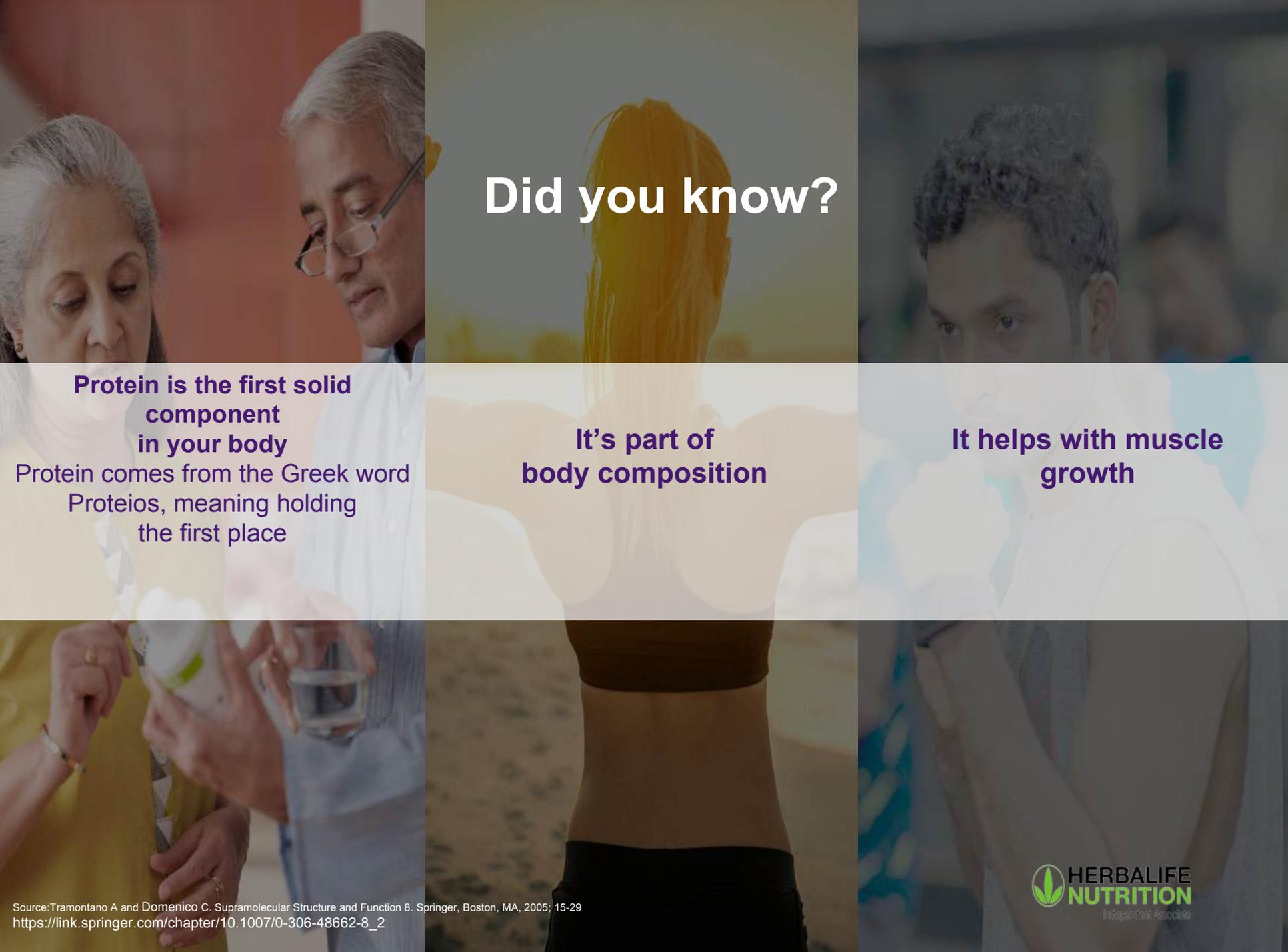
Protein is a macronutrient. Protein is vital to a healthy diet, as it's one of the essential building blocks for many cell components in your body.

Protein helps to enhance satiety, build muscle tissue, maintain lean muscle mass and give you energy.

Source: Tramontano A and Domenico C. Supramolecular Structure and Function 8. Springer, Boston, MA, 2005; 15-29.
https://link.springer.com/chapter/10.1007/0-306-48662-8_2

Formula 1 Nutritional Shake Mix: **Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, cure, treat or prevent any disease. Health supplement is not to be used as a substitute for a varied diet**
This product is not for parenteral use. Herbalife products are designed for use by healthy adults as a part of a healthy well-balanced diet. Our products are formulated for adults and are labelled based on the adult Recommended Dietary Allowances.

Before using this product as part of a weight control programme it is also advisable to consult a physician. Herbalife does not recommend (except under the supervision of a physician) that children/adolescents consume Herbalife products for weight loss, especially during their formative years. THIS CONTAINS SUCRALOSE. NOT RECOMMENDED FOR CHILDREN. QUANTITY OF SUGAR ADDED 24gm/100gm. CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS. ALLERGEN: CONTAINS MILK & SOY.



Did you know?

Protein is the first solid component in your body

Protein comes from the Greek word Proteios, meaning holding the first place

It's part of body composition

It helps with muscle growth

What is Fiber?



Dietary fibers are the indigestible parts of plant foods, such as vegetables, fruits, grains and legumes. An adequate fiber intake is an essential part of taking care of our digestive system.

Unlike other complex carbs, fiber cannot be broken down by the human digestive system, so most of it passes undigested, through the small intestine, providing bulk.

Fiber Sources



Bajra

11.3g of total fiber
9.1g of Insoluble fiber
2.2g of Soluble fiber

361 calories



Soybean

23g of total fiber
17.9g of Insoluble fiber
5.1g of Soluble fiber

432 calories



Lentils

10.3g of total fiber
8.3g of Insoluble fiber
2.0g of Soluble fiber

343 calories



Wheat

12.5g of total fiber
9.6g of Insoluble fiber
2.9g of Soluble fiber

346 calories



Groundnu

11.0g of total fiber
8.5g of Insoluble fiber
2.5g of Soluble fiber

567 calories

Per 100 g serving

Benefits of Fiber

- May help support a healthy digestive system
- May help to support regularity



Calcium

Calcium is most abundant mineral in the human body, More than 99% total calcium in the human body is located in bones and teeth, and contributes to their mass, structure and strength . Besides its structural role, calcium is a universal intracellular messenger mediating numerous physiological process and a cofactor to many enzymes and protein in biological system.

Why do you
need to consume
healthy fats?

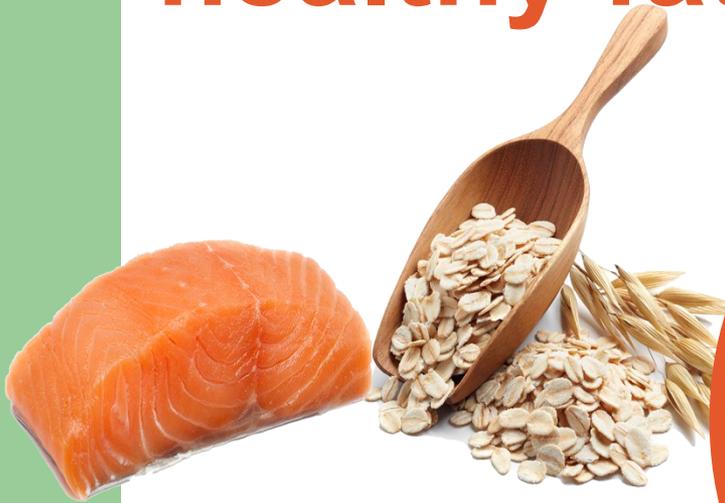
Healthy Fats



Fats are a diverse group of nutrients that have a varied range of functions in our bodies. They provide energy and help with the absorption of some nutrients (like vitamin A and D).

Your body requires some amount of fats in order to work properly, but not all fats are the same.

What are healthy fats?



Omega-3 Fatty Acids

Up to
30%

Healthy Fats
from food and supplements



Omega-6 Fatty Acids

Distributor Difference

We are here to help you reach your goals. It's about more than just providing the right tools, products and education – it's the one-on-one support system, the personalized plan and the motivation and encouragement that Distributors provide that sets us apart and sets you on the path to be the best version of yourself.



Formula 1 Nutritional Shake Mix: This product is not for parenteral use. The product is not to be used by pregnant, nursing, and lactating women or children under 5 years, adolescents and elderly, except when medically advised by physician or certified dietician or nutrition professional. This product is not intended to diagnose, treat, cure or prevent any disease. Herbalife products are designed for use by adults as a part of a healthy well-balanced diet. Our products are formulated for adults and are labeled based on the adult Recommended Dietary Allowances. Before using this product as part of a weight control programme it is also advisable to consult a physician. Herbalife does not recommend (except under the supervision of a physician) that children/adolescents consume Herbalife products for weight loss, especially during their formative years. This contains Sucralose. CONTAINS NON-CALORIC SWEETENER. Images are for representation purpose only.

Community Services

- Personal Wellness coach
- Online Yoga, cardio & Zumba
- Personalized diet plan
- One-to-one Counselling
- Family health Counselling
- Lifestyle improvement
- Lifetime health education

Nutrition Segment

- Weight management (Fat loss and Muscle gain)
- Kid's Nutrition
- Energy and Fitness
- Sports Nutrition
- Heart & Brain health
- Joints & Bone health
- Men & Women health
- Digestive health
- Immune health
- Skin & hair health
- Eye health

WOMAN'S CHOICE

Helps in symptoms of PMS

SIGNS AND SYMPTOMS OF PMS



- Abdominal pain
- Sore and tender breasts
- Mood swings
- Muscle pain and at times joint aches
- Nausea
- Vomiting
- Loss of appetite
- Loss of energy
- Acne
- Constipation for some and diarrhea for some
- Fluid retention and bloating
- Fatigue
- Headache



THANKS