

## Weight Loss UK | Healthy Eating And Exercise Weight Loss Diets

Weight loss is such a hot topic and in today's busy lifestyle, reaching for convenient food on the go is an easy and attractive option. But these foods tend to be high in fat, salt and calories, and often lack essential nutrients; denying the body important vitamins and minerals.

Wishing Wellness Ltd help people create healthy eating and exercise weight loss diets through 'intelligent nutrition' – literally feeding yourself thin, without feeling hungry!

The three pillars to wellness are drinking plenty of water, healthy eating and exercise. Weight loss diets often promote removing something from your diet; such as high amounts of carbohydrates, whereas Herbalife's® nutrition programmes promote balanced, intelligent nutrition which provides the elements every body needs daily to maintain optimum health.

Weight management isn't just about losing, gaining or maintaining weight. It's also about improving your self-esteem, being who you want to be, in control of your life. ShapeWorks®, the personalised weight management programme from Herbalife®, has been designed with your lifestyle and needs in mind.

Their formulations are based on scientific research, and ShapeWorks®, combined with water and exercise, can offer you the formula to successful, sensible weight management and weight loss.

A ShapeWorks® Coach will play a key role in helping you achieve your weight management and nutritional goals; coaching you on your healthy eating and exercise weight loss diet. He/She will determine which personalised Meal Plan, with the correct amount of protein, you should follow to help get you in shape and then stay that way. All calculations will be done for you and you will be presented with the solution you've been looking for.

Take the next step to the rest of your life; feel good about yourself inside and out!

Wishing Wellness Ltd is an independent Herbalife® distributor and ShapeWorks® Coach. For further details of our healthy eating and exercise weight loss diets, or to arrange your free body analysis call 01229 580220 or email [info@wishingwellness.co.uk](mailto:info@wishingwellness.co.uk)