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## How To Maintain Weight After Dieting | Weight Management UK

Being healthy is reaching the right weight and maintaining this weight (weight management) &ndash; something Herbalife's® Formulas 1 and 2 can help you achieve. Whether you take one shake a day as a healthy meal, or two shakes a day as part of your weight management programme, you can trust Herbalife® to deliver you the perfect healthy solution.

Once you have reached your ideal weight, the next logical question is how to maintain weight after dieting has finished. This is the point when many of us yo-yo and the danger is that we put on more weight than we originally lost. For help and advice on weight management, Wishing Wellness is ready to help.

The reason this happens is that our bodies are better adapted to starvation than over-consumption. If you starve your body of something = which is the way most &lsquo;diets&rsquo; work - as soon as you put that element back into your diet, your body will store it. Your body isn't sure when it might receive some more of that particular element &ndash; such as carbohydrates, so it keeps some, just in case. This often leads to weight gain.

So, the secret of how to maintain weight after dieting is in feeding your body exactly what it needs &ndash; a balance of good nutrition. This is something you can do by buying and preparing the right balance of foods. But many of us don't have enough time in our day to do that, which is why Herbalife® created Formulas 1 and 2. These products provide the ideal breakfast, healthy lunch or dinner so you can be at your absolute best.

If you have lost weight and want to know how to maintain weight after dieting, visit our online ordering site and take a look at Formula 1 and Formula 2.