

The ShapeWorks™ weight-management programme has been designed to help you manage your weight and get balanced nutrition without feeling hungry. You may personalise your shakes, snacks and meals, as well as customise your supplement programme. For more information about additional products that may help you optimise your success, contact your Herbalife Independent Distributor.

ShapeWorks™为您特别设计的体重控制计划，在让您不必挨饿的同时能够控制体重，又可以维持均衡的营养。您既可以量身调配专属于自己的营养奶昔、点心、正餐，又能视个人需要服食补品。欲知更多产品详情，以便更有效地控制体重，请联络您的Herbalife独立直销商。

As simple as
简单如



3 Times a Day

Take your supplements to enhance health and improve nutrient absorption and metabolic processes at the cellular level.

每天3次

每天食用营养补充食品，可以促进身体健康、改善营养的吸收能力和新陈代谢率。

2 Shakes – Personalised

Enjoy two meal-replacement shakes personalised to the protein needs of your body, plus protein snacks to keep your metabolism up and hunger at bay. No need to count calories. Shakes are simple to make and delicious.

2杯量身调配的奶昔

饮用2杯根据您的身体所需蛋白质份量而特别调配的营养奶昔，取代正餐。另外还有蛋白质点心，不仅提高您的新陈代谢率，更能有效地控制食欲，无需再计算卡路里了，营养饮料冲泡简易且十分可口。

1 Colourful Meal

Eat a healthy meal, including lean sources of protein and plenty of colourful fruits and vegetables.

色彩缤纷的1餐

享用健康的一餐，包括低卡路里的蛋白质来源，以及多种色彩缤纷的水果和蔬菜。

Protein Options

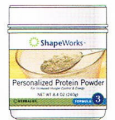
For additional protein:

- Add 1 to 3 Tbsp. of Formula 3 Personalized Protein Powder to shakes or
- Incorporate a healthy, low calorie protein snack daily.

蛋白质选择

额外的蛋白质需要:

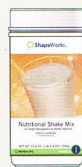
- 加入1-3汤匙的Formula 3 Personalized Protein Powder; 或
- 在正餐之间享用健康且低卡路里的蛋白质点心。



Breakfast 1 shake - personalised 早餐 1 量身调配的营养奶昔



- Formula 2 Multivitamin Complex (1 tablet)
- Cell Activator (1 to 3 capsules)
- Other recommended supplements and Enhancers
- Formula 2 Multivitamin Complex (1颗)
- Cell Activator (1-3颗)
- 其它受推荐的营养补充食品和增进剂。



2 heaped tbsp. of Formula 1 Nutritional Shake Mix
满满2汤匙的 Formula 1 Nutritional Shake Mix

+



250 ml glass of non-fat milk or soy milk
250毫升无脂牛奶或豆奶

+



Blend well. Personalise with fruit, ice, Herbal Aloe Drink or protein options.
混合均匀。视个人喜好加入水果、冰块、Herbal Aloe Drink或其他蛋白质选择

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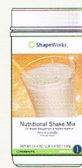


A delicious and nutritious shake!
十分好喝的营养奶昔!

Lunch 1 shake - personalised 午餐 1 量身调配的营养奶昔



- Formula 2 Multivitamin Complex (1 tablet)
- Cell Activator (1 to 3 capsules)
- Other recommended supplements and Enhancers
- Formula 2 Multivitamin Complex (1颗)
- Cell Activator (1-3颗)
- 其它受推荐的营养补充食品和增进剂。



2 heaped tbsp. of Formula 1 Nutritional Shake Mix
满满2汤匙的 Formula 1 Nutritional Shake Mix

+



250 ml glass of non-fat milk or soy milk
250毫升无脂牛奶或豆奶

+



Blend well. Personalise with fruit, ice, Herbal Aloe Drink or protein options.
混合均匀。视个人喜好加入水果、冰块、Herbal Aloe Drink或其他蛋白质选择

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A delicious and nutritious shake!
十分好喝的营养奶昔!



1 cup of cut, raw vegetables

1杯切成小份的生蔬菜

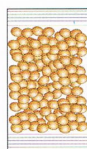
+



1.5 cup tomato soup made with non-fat milk and 1 cup of mixed vegetables

1.5杯番茄汤, 以无脂牛奶及1杯混合蔬菜烹煮

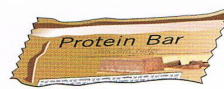
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30 g of roasted soy nuts

30克烤黄豆

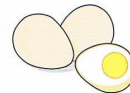
OR 或



1 protein bar

1个蛋白质点心

OR 或



2 hard-boiled eggs and 1 cup raw vegetables

2粒水煮蛋和1杯生的蔬菜

Men may have two snacks a day.
男士可以一天食用两份点心

Dinner 1 colourful meal 晚餐 1 五彩缤纷的一餐



- Formula 2 Multivitamin Complex (1 tablet)
- Cell Activator (1 to 3 capsules)
- Other recommended supplements and Enhancers
- Formula 2 Multivitamin Complex (1颗)
- Cell Activator (1-3颗)
- 其它受推荐的营养补充食品和增进剂。



4+ cups of salad

4杯或以上份量的沙律

+



1 tbsp. rice or wine vinegar or non-fat salad dressing

1汤匙饭或酒醋或无脂沙律酱

+



90 g to 170 g of fish, skinless chicken, lean red meat or soy-meat substitute

90-170克鱼、去皮鸡肉、红肉(瘦肉)或代替肉类的黄豆制品



2+ cups of mixed vegetables

2杯或以上份量的混合蔬菜



For dessert, 1 cup of fresh or frozen fruit

甜品方面, 1杯新鲜或冷冻水果



Making the world healthier.



Weight-Management Eating Guide 体重控制饮食指南

Cellular Nutrition and the Power of Protein 微量细胞营养和蛋白质的力量

Now that you've chosen the ShapeWorks™ Programme, you can look forward to improving your daily nutrition intake and managing your weight at the same time – all without feeling hungry. Cellular Nutrition and the Power of Protein make it possible.

选择ShapeWorks™计划, 是您明智的决定。今后您不仅能改善每日摄取的营养, 还能同时控制体重 – 却又无需挨饿受饿。这全得归功于微量细胞营养和充足的蛋白质。

To efficiently process foods and fuel your body, ShapeWorks™ products are formulated to nourish your body at the cellular level – for optimal metabolism, growth, repair and reproduction. You're at your best and as a result you experience more energy and successful weight control.

经特别配方调制的ShapeWorks™产品, 由内而外从细胞开始向全身提供营养, 让人体能有有效地消化食物, 并补充能量, 从而使新陈代谢有效地、生长、修复、和繁殖达到最高水平。您将处于最佳状态, 时时感到活力充沛, 体重控制也事半功倍。

On the other side of this guide, you'll see how to include these three key products in your daily meal plan:

- Formula 1 Nutritional Shake Mix – the optimal meal replacement
- Formula 2 Multivitamin Complex – essential daily nutrients
- Cell Activator – supports the absorption of essential nutrients

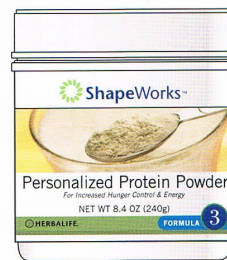
这份指南的背页, 教导您如何把以下三种产品融入日常饮食:

- Formula 1 Nutritional Shake Mix – 取代正餐的理想食品
- Formula 2 Multivitamin Complex – 每日必需的营养
- Cell Activator – 有助于吸收必需的营养

What else do you need? The right amount of a high-quality proprietary protein blend to control your hunger naturally and help to maintain lean body mass. Your Herbalife Independent Distributor will advise you on how much protein you need. ShapeWorks™ offers you, in addition to Formula 1:

您还需要什么呢? 充足的优质蛋白质混合物, 以控制饥饿感, 并维持瘦肉组织。至于您需要多少蛋白质, Herbalife独立直销商将作出适当建议。除了Formula 1之外, ShapeWorks™也向您推荐:

- Formula 3 Personalized Protein Powder



This is a great way to add protein and nutrients without excessive calories or fat, so your weight-management can stay on track! 这是您控制体重的好帮手, 让您在补充蛋白质和营养之余, 不会增加卡路里和脂肪的摄取。

Weight Management Enhancers 体重控制增进剂

You can get extra help overcoming personal weight-management hurdles by using any of our wide array of weight-management enhancers. 我们有各式各样体重控制增进剂，为您提供额外协助，克服种种障碍。



- Total Control®** energy enhancement and appetite control
增进体力并控制食欲
- Cell-U-Loss** helps reduce fluid retention
减轻水肿
- Herbal Aloe Drink** helps soothe the digestive system
舒缓消化系统

Helpful tips 实用贴士

- Individuals weighing over 100 kg or those with 23 kg or more to lose may add one extra tablespoon of Formula 3 Personalized Protein Powder to their shakes. **In addition, depending on hunger and weight-management goals, men may have two snacks a day.** 体重超过100公斤，或需要减去23公斤或以上的人士，可以在营养饮料里多加一汤匙Formula 3 Personalized Protein Powder。此外，视饥饿情况和体重控制的目标而定，男士一天可以食用两点心。
- Shake up your Formula 1 choices and try all three flavours. 尝遍Formula 1的三种不同口味。
- Drinking 8 glasses of water a day is important. 切记一天要喝八杯水。
- Exercise several times a week; even something as simple as walking up stairs, instead of taking an elevator, can help you optimise results. 一个星期运动数次，即使只是轻易的，如不是搭电梯而改为自行上下楼梯，都有助于取得最大成效。
- Watch out for stress eating – if you feel emotional try going for a walk. 切忌在压力下暴饮暴食 – 如果您感到情绪低落，不妨散散步。
- Keep high-protein snacks at work and in the car to fight between-meal cravings. 工作场所和车里常备有高蛋白点心，应付馋嘴。
- Find ways to reward yourself besides food – set aside time for yourself, get a massage. 用美食以外的方式奖励自己 – 抽出一些时间，享受按摩。

For more weight-management information, talk to your Herbalife Independent Distributor.

请向您的Herbalife独立直销商咨询更多有关控制体重的详情。

Your Herbalife Independent Distributor is:
您的Herbalife独立直销商是: