



Dear friends,

Have you always been skipping breakfast in order to shed those extra kilos? If yes, stop doing that because your plan will definitely backfire. Start your day right with breakfast and increase the success rate in your weight management program. Having a good breakfast can prevent you from gorging during lunch time, boost your metabolism and refuel energy for your body. What's more? It helps you to stay healthy too.

Read on to find out how to select and prepare a healthy breakfast that will aid weight loss. Finally, get rid of cellulite and get tips to increase your energy level.

The Right Nutrition - Breakfast: Secret to Staying Healthy

Do you know that having your breakfast daily can reduce chances of obesity, diabetes and heart attacks? Research has shown that breakfast skippers have 4.5 times the risk of obesity and a study from University of Texas at El Paso discovered that people who have taken substantial breakfasts consume much fewer calories a day than those who skipped their morning meals.

Breakfast can be healthy if you select them well. Learn to make healthy breakfast which can provide you with a good source of vitamins, antioxidants as well as minerals.

Select one item from at least three out of the following four food groups:

Fruits



Vegetables



Grains



Dairy & Protein



Tips: Stay away from pastries, white bread, fried food and sugary cereals. They have higher fat contents and tend to digest quickly, making you hungry just after a few hours. Consider taking more fruits and vegetables as well as protein.

The Right Product - Cellulite Fix-It-Up

Do you realize that obesity can accentuate cellulite? Do you think that cellulite is unbeatable? Has it ever invaded your thighs, bums or hips? If yes, check out Nu Skin's Dermatic Effects® Body Contouring Lotion and win the war against cellulite.

Look out for the formidable results in just 8 weeks. Clinical study showed a 55% reduction in the appearance of cellulite, an 84% increase in moisture content, a 37% improvement in skin firmness, and a 69% enhancement in skin smoothness.

It is enriched with Malvaceae extract (Hibiscus abelmoschus) which is similar to lipids found between skin cells to help inhibit the appearance of cellulite and includes Echinacea extract to improve firmness of the skin's surface.



The Right Exercise - Low Morale to Exercise?

Finding it hard to begin your fitness activities when your mood is down? In fact, one of the best methods to inject positive feelings is to increase your activity level. A simple 10-minute exercise can boost your energy level and decrease ill feelings of tension, anger, stress etc. But if you want to work your fats off in compliance with your slimming plan, do work out diligently for at least 30 minutes a day.

If time is a concern, you can simply make small adjustments to your lifestyle with the following activities:

- Climb the stairs instead of using the elevator or lift.
- Alight two bus-stops before your destination and walk your way there.
- Ride a bicycle around your house compound.
- Try brisk walking during lunch time.
- Try skipping at home while watching your favourite TV program.
- Do household chores. By vacuuming, you can burn 75 -125 calories.

