Herbalife

Herbalife Nutrition Expert Provides Healthy Valentine's Day Tips

LOS ANGELES--(BUSINESS WIRE)-- Herbalife (NYSE: HLF), a global nutrition company, in honor of Valentine's Day, is recommending new traditions by encouraging couples to prepare heart-healthy meals and exercise together.

"A healthy heart is the product of balanced nutrition and exercise," says Susan Bowerman, MS, RD, director, Worldwide Nutrition Education, Herbalife. "You can easily prepare a delicious meal featuring heart-healthy foods—a meal that you and that someone special in your life will love this Valentine's Day, and any day of the year for that matter."

Research shows that healthy habits, including diet and exercise, are best developed and maintained when accompanied by a support structure that values and reinforces those habits.

Bowerman continues, "When people exercise together, they become accountable to each other."

Bowerman offered up heart-healthy meal planning tips for Valentine's Day including:

- Champagne and wine are fine celebratory drinks, in moderation, as they contain natural antioxidants from grapes. As an alternative, you can make a festive non-alcoholic drink by adding a splash of 100% fruit juice to sparkling water. Red-purple juices like 100% grape and pomegranate juice are rich in polyphenols, naturally occurring compounds in the fruit, which help to increase blood flow and support healthy blood pressure.

- Then let yourself go "a little nuts." Tree nuts like almonds, walnuts and pistachios are rich in compounds called phytosterols that can help keep cholesterol in check. Try toasting them lightly in the oven or a dry frying pan to bring out their natural flavor. Then sprinkle them on top of steamed vegetables for a great side dish, or add them to your salad.

- For the main event, grill fresh fish. Fish is generally low in total fat and saturated fat. Fish is also one of the best sources of heart-healthy omega-3 fatty acids, which helps to control the levels of certain fats in the blood, like triglycerides and cholesterol.

- Finally, no Valentine's Day would be complete without a little bit of chocolate. Naturally occurring compounds in cocoa, called flavonoids, act as antioxidants. The darker the chocolate, the more flavonoids, so enjoy a bite of dark chocolate to finish your meal. For a doubly healthy dessert, drizzle some melted bittersweet chocolate over fresh berries. The natural red-purple pigments that give berries their beautiful color act as antioxidants, too.

For more heart-healthy tips, visit DiscoverGoodNutrition.com

About Herbalife:

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our nutrition, weight-management, energy and fitness and personal care products are available exclusively to and through dedicated Herbalife Independent Members in more than 90 countries. We are committed to fighting the worldwide problems of poor nutrition and obesity by offering high-quality products, one-on-one coaching with an Herbalife Member and a community that inspires customers to live a healthy, active life.

We support the Herbalife Family Foundation (HFF) and its Casa Herbalife programs to help bring good nutrition to children in need. We also sponsor more than 190 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, the LA Galaxy and champions in many other sports.

The company has over 8,000 employees worldwide, and its shares are traded on the New York Stock Exchange (NYSE: HLF) with net sales of $4.5 billion in 2015. The Herbalife website contains a significant amount of financial and other information about the company at http://ir.Herbalife.com. The company encourages investors to visit its website from time to time, as information is updated and new information is posted. To learn more, visit Herbalife.com or IAmHerbalife.com.

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