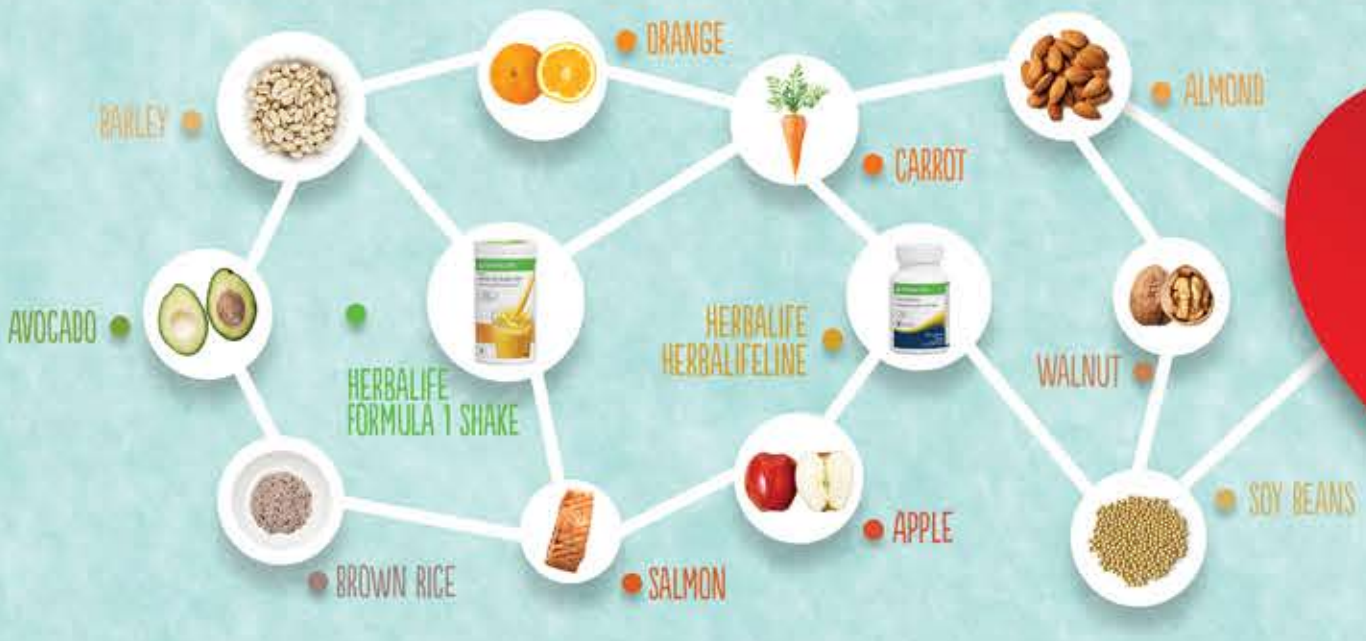
HERBALIFE NUTRITION

HAPPY WORLD HEART DAY

FOOD FOR HEALTHY HEART



INGREDIENTS SWAP FOR HEART-HEALTHY MEAL

FATS INGREDIENTS SWAP

PROTEIN INGREDIENTS SWAP

CARBOHYDRATES INGREDIENTS SWAP

FITNESS

WORKOUT FOR YOUR ♡

DID YOU KNOW THAT ENGAGING IN CARDIOVASCULAR ACTIVITY IS GOOD FOR YOUR HEART? START WORKING OUT AND GET YOUR HEART PUMPING TODAY!

www.discovergoodnutrition.com