The Herbalife Nutrition Survey 2014, polled over 11,000 Europeans across 14 markets to examine changing attitudes to nutrition and wellness. Herbalife found that almost 90% of UK students have already made steps to try and lead a healthier lifestyle. The survey revealed a large number of UK students now consider the nutritional content of their food with 75% eating up to three good meals a day and over 70% classifying themselves as healthy. Exercise is important too, with 75% of UK students exercising 3 times a week or more.

A new study by global nutrition company Herbalife reveals that over 92% of students are now in search of a healthier lifestyle.