



[CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)

Be sure to come into the club try our delicious
Orange Cream Shake of the Month!



Our Mission is Nutrition!

[Click to see hours of operation & upcoming club events](#)

In this Issue:

- **Event Update:** **Swimsuit Slimdown WLC** - Underway - registrations closing Saturday!
- **Product Announcement:** **Chai Herbal Tea Concentrate** - Chai-licious!

- Success Story of the month: **Andreaxo** - 45 lbs down and ready for Summer!
- Product Spotlight: **Got Allergies?** - Get Relief!
- Feature Article: **How to Accurately Measure your Body** - See the Fitness Results
- Opportunity Training: **Announcing Monday Webinars** - These fun and informative sessions are online and on fire!

Swimsuit Slimdown 2015 Weight Loss Challenge - Is Underway! Last few days to register...

NEW FORMAT: Learn & Burn:

The challenge includes nutritional training sessions, weekly lifestyle coaching change, product training, free group fitness workouts and more!



11 Week challenge - Each nutrition session will be followed by a group fitness session - coaches are on hand for questions and counseling as well. **Cash prizes!** Bring a friend and you each save \$5!

We're getting ready to pay out our New year, New You challenge and the group has lost hundreds of pounds and inches - wow!! Our payout party is Monday, Apr 23 6pm - join us!

Get with the Coach who sent you this newsletter to get on the registered before Saturday.



These nutrition and weight loss events are the talk of the town and we want YOU to be our next challenger!



Spice Up Your Day With Herbal Tea Concentrate Chai

NEW!

Enjoy the newest addition to our tea line with an invigorating blend of green and orange pekoe teas enriched with the exotic spice flavors of cloves, cardamom and anise with hints of cinnamon and ginger. Herbal Tea Concentrate contains caffeine, which jump-starts your metabolism and provides a boost of energy.

- Boosts metabolism with 85 mg of caffeine per serving
- Provides antioxidant support
- Contains no artificial flavors or sweeteners
- Instant, low-calorie tea mix
- Made with non-GM ingredients*
- Made with tea leaves extracted at Herbalife's Changsha facility

Herbal Tea Concentrate Chai
#0761 \$43.80†



*Made with ingredients that have not been genetically modified.
†Suggested retail price does not include taxes, shipping and handling.

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Learn and to Independent Health Advisors to get details for representatives. (USA) PFC0402 (08/15) 01/15

Incredible life-changing Results: Andreaxo -

Now down 45 lbs and feeling great!!



Product Spotlight - Schizandra Plus & Rose Guard

Spring is here and that mean's so is allergy season. Ask your health coach about our immune health line! Roseguard contains vitamin C and E for immune support while Schizandra Plus supports the body's natural defense against oxidative stress.



Both tablets are very good sources of antioxidants! Help support your body's natural defenses year round!

Feature Articles



How to accurately measure your body to track results

Posted by Samantha Clayton, AFAA, ISSA



Do you measure your body? Today, I'm talking about how to take body measurements to monitor success. If you're starting out on a new health and fitness journey, you might be surprised by the results you're achieving if you look at your personal data.

I'm a big fan of [fitness tests](#) but I know people are looking for the best way to drop a jean size. To know if you're toning up, try recording your body measurements at key points during your fitness journey.

The best time to measure your body is right before you get started with your new regime so that you can witness the changes that your healthy eating and exercise plan is having on your waistline and all over your body. Whether your goal is to lose weight, gain muscle or become more toned, taking measurements of your current stats can help to keep you motivated. Weighing yourself on a traditional bathroom scale is a very popular method of keeping track of progress for weight loss, but a weight measurement in isolation is not the most accurate indicator of your overall progress.

Taking several body measurements will help you to keep a more accurate account of your progress.

I am a big believer in tracking progress, because doing so not only keeps you motivated, it can also help you to re-trace your steps if you stop exercising or slip with your nutrition plan for a while. Keeping a detailed log of your progress will only take a few moments of your time now, and it may save you hours of wondering later.

When the excitement of starting something new starts to disappear, being able to check your measurements may help also you to stay motivated to continue pushing towards your goals. The more body measurements you take the better, so let me share with you some popular measurement zones and teach you how to measure up.

How to accurately measure your body from top to toe

Neck: Many people notice visual changes to their face and neck almost as soon as they start to lose weight. Use a tape measure and record the inches around the mid-point of your neck.

Shoulders: As you tone up and build muscle, the measurement around your shoulders can show considerable change. Stand up straight and measure the circumference around both shoulders.

Chest: This is an area where many women hate to lose weight and men love gain inches so keeping a measurement of this area is a must. Wrap a tape measure around your chest in line with your nipples. For women, as your inches decrease remember to get fitted for a new bra - especially for exercising - to ensure you have adequate support.

Bicep: This is area where it is wise to take two measurements. First find the mid point on your upper arm, then measure once with your muscle relaxed and once with it tensed.

Waist: One of the ways we notice changes in the waist is from our belt or jeans not fitting correctly. To get an accurate measurement, wrap the tape around your waist in line with your tummy button, ensuring that the tape measure is inline the whole way around.

Hips: Many people are often unsure where to measure in the hip area; I believe that the best place to measure is around the widest part. Find your hip bones and use them as a guide as your hip may change shape as the results of your fitness routine start to show.

Thighs: The upper legs are often slow to show changes, as they can be a slightly fatter area especially for anyone pair-shaped. Although they are also quick to build muscle! Take the measurement at the mid point between your knee and the top of your leg, stand up straight and try not to tense your muscles as you measure.

Calves: Changes in the measurement of your calf muscle are often very small, but take measurements just to keep track. Measure at the mid point, which is usually the largest part.

I recommend that you measure your body in the morning and recording the time.

Each time you measure your body, try to do it at a similar time. You can measure yourself at a time that best suits you but I find that as the day goes on I tend to retain water and so the measurements are slightly less accurate especially around my mid section after eating. I also advise that women avoid taking measurements during the time of their cycle for the same reason.

If you only see a small change in your measurements don't be alarmed, celebrate every success no matter how small. That change can be the difference between seeing change and feeling good. Every positive change helps to build your self-esteem, so measure yourself up for success by being precise and detailed.

How often should you measure your body?

Finally, don't get obsessed with the numbers, they are a way to monitor progress but should not become something that you check too often. Re-measure yourself every 10-12 weeks and make note of the changes, and as you drop or gain inches consider treating yourself to new clothes that fit well as a great reward. If you do not see a positive change, don't get upset. Instead use that as motivation to shake up your fitness routine and nutrition plan.

Announcing Monday Night Training Webinars!

Learn from Herbalife's most successful Distributors each Monday night from your armchair! Email the person who sent you this newsletter to get your personal invitation link



Success on the Move Zoom Training
6:00 PT, 7:00 MT 8:00 CT, 9:00 ET
Open to All Members and Guests



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