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

Remember it's a holiday, not a holiweek or holimonth???



Healthy Meal Smoothie  
"The Perfect Meal"



Energizing Herbal Tea  
"Cardio in a Cup"



Soothing Mango Aloe  
"A Shower Inside"

**Our Mission is Nutrition!**

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

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In this Issue:

- **Event Update:** **Weight Loss Challenge Winners Pix!!!** - Unbelievable results!
  - **Success Story of the month:** **Angela** - Healthy for the new year!
  - **Featured Product:** **Garden 7** - Are you eating enough fruits & veggies?
  - **Herbalife Spotlight:** **2015 Combine Prep** - Herbalife fuels elite football players
  - **Event Update:** **Announcing new Fit Camps!** - Nutrition Plans and Free workouts!
  - **Feature Article:** **Green Tea** - Miracle beverage? Get the skinny
  - **Event Update:** **Wellness Coach Opportunity Meeting** - Dec 16 - We need coaches to handle the New Year rush!
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[Weight Loss Challenge Winners Crowned!](#)

## ***Our Back To School, Back To Shape 2015 Weight Loss Challenge is over and the results were amazing!!!***



**UPDATE:** Our payout party was a great success as we recognized all of our finishers, paid hundreds of dollars in prizes to our 3 winners and falled off valuable door prizes.

**Don't miss the next contest starting Jan 4 - REGISTRATION IS NOW OPEN and slots are filling fast!** Get with your coach or visit

<http://click.icptrack.com/icp/relay.php?r=926835&msgid=748183&act=ZVAA&c=116233&destination=http%3A%2F%2Fwww.MidwestWellnessClub.com%2Fweight-loss-challenge>

Congratulations to Barbara Burket, Sheree Thein and Debbie Anderson for their incredible results as they took home to top 3 slots. So great to see everyone do so well and we are so excited for our January challenge!



Get with the Coach who sent you this newsletter for more info.

Each nutrition session is followed by a group fitness session - coaches are on hand for questions and counseling as well.

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



## Success Story of the Month - Angela



Angela would be the first to tell you that these are her "healthy jeans" and not her "skinny jeans"! Either way, looking great Angela - congratulations!





Are you eating enough fruits and vegetables?

Garden 7<sup>®</sup> contains antioxidant Vitamins A (as beta-carotene) and C that help support the immune system,\* and delivers 7+ phytonutrients like those found in fruits and vegetables.

Nourish your skin with Herbal Aloe Bath & Body Bar

Wash and moisturize with rich suds infused with aloe vera, olive oil and coconut-derived cleansers that gently clean your skin without stripping it from necessary oils.



# SPOTLIGHT



Fourteen players. Five weeks. One chance to perform. That's what it all comes down to at Combine Prep training, designed to prepare elite college football players for the 2015 professional football Scouting Combine.

Herbalife is the Official Nutrition Partner of Proactive Sports Performance, a state-of-the-

art institute that offers unparalleled sports performance training and hosts the annual training camp. This is the biggest test of their football careers, as they prepare to enter the draft, says Dr. Dana Ryan, Herbalife Manager of Sports Performance and Education. We do everything we can to help them maximize every single workout they have here.

The Pro Football Scouting Combine is a vital event for college players on their path to the draft, and the Combine Prep is critical for their success. Over the course of five weeks, Herbalife offers individualized consultations to each athlete, providing them with and teaching them about Herbalife24?? products, as well as general nutrition principles. ???Our goal is to really help them use nutrition to set them apart from some of the other athletes they???re going up against at the pro football Scouting Combine,??? says Dr. Ryan. One of the challenges is that the athletes work out at high intensity and for long durations each day, so they need to consume a large number of calories ??? some 5,000 or more per day. It???s very difficult to eat that much, so one of the ways Herbalife helps them is by providing easy shake recipes that they can have for breakfast, recovery or anytime to supplement their daily needs. ???As a result, when they taper off before they go to the combine, their bodies don???t need these huge amounts of calories because they have been fueling themselves properly,??? says Dr. Ryan. ???They can go into the event full of energy and fully prepared.???

With more than 300 prospects participating in a quest to achieve their pro football dreams, the competition at the pro football Scouting Combine is fierce. Maxx Williams, a tight end from Minnesota, considers it to be the most important part of his football career thus far, putting him on stage in front of pro coaches and general managers. During his five weeks at Proactive Sports Performance, he???s become aware of the critical impact that knowing what and when to eat can have on his performance. ???If we were just out there killing ourselves and not letting ourselves recover, we would never get the gains we need to get better each day,??? says Williams. ???Herbalife24?? products give our bodies the chance to recover and come back for the next day.???

Ryan Capretta, Proactive Sports Performance founder and director, adds that ???anytime you talk about an athlete peaking at a very specific event, it has a lot to do with not just how hard they???re going, but also the recovery and regeneration. The Herbalife24?? line is nice because it allows us some freedom to work with different types of athletes, really depending on what their specific goals are.??? Though preparation for success at the pro football Scouting Combine is the immediate focus, the ultimate goal is greater than that. Instead of having the athletes just take products during their time here, ???It???s really about creating nutritional habits that can have an effect on their long-term career,??? says Dr. Ryan.

Herbalife strives to help make champions out of athletes by encouraging and inspiring them to take their nutrition and training regimen further. ???There are many talented athletes out there on the verge of making a name and career for themselves,??? says Dr. Ryan.

???We???re thrilled when we can give them that edge to take their game to the next level.???

Many of the 2015 Combine Prep athletes were drafted into the professional football league, including Williams, who received his first catch in a pro game. Also, Tyler Lockett, who in his team???s regular season opener, took a first quarter punt back 57 yards for a score.

Herbalife is proud of Williams, Lockett and all of the Combine Prep athletes who have followed their dreams and found success.



**24 FIT CLUB**  
Midwest Nutrition: 11964 W. 119th St. Overland Park, KS 66213

**It is Fun, Healthy and FREE! Yes, It is FREE!**

Announcing our January 24FitClub!!  
Back by popular demand, we are bringing back our Fit Camps. These are a unique combination of targeted nutrition and instructor-led group exercise. Remember it's 80% nutrition, 20% exercise and 100% mindset!

Starts Jan 4

Mon: 6:30am (30 minutes) and 6:45pm (30 minutes)

Tues: 5:00 am (30 minutes)

Wed: 6:30am (30 minutes) and 6:45pm (30 minutes)

Thurs: 5:00 am (30 minutes)

Fri: 6:30am (30 minutes)

Sat: 8:00 am (60 minutes) and 10:30 am (30 minutes)

Contact Heather @816-372-6260 for more info

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**Feature Articles** 

**Green Tea - reading the leaves**



# Benefits Of Green Tea

Green tea is known to be a healthier substitute to normal beverages like coffee and other types of tea, owing to its lower caffeine content. It also contains very strong, natural antioxidants called polyphenols that not only help you attain a healthy body, skin and hair, but also help to block the growth of cancer cells as well.

Green tea is also a healthier option due to the way it is processed. It is derived from the leaves of the plant, *Camellia sinensis*. The green leaves for green tea are steamed, which helps in preventing the catechins from oxidizing, while black and oolong tea are made from fermented leaves, which leads to the loss of this very important antioxidant. Of late, a majority of the people living in Western countries have switched over from drinking black tea to green tea.

Though it originated in China, green tea has now become immensely popular all over the world. Due to the myriad of health benefits it offers, various health foods, beverages, dietary supplements and cosmetics are now being manufactured with green tea extracts in them. Several medicinal and scientific studies are being

conducted around the world to determine the long-term health benefits of green tea, and, in fact, it has been found from collected data that those who drink green tea regularly are at a lower risk of developing heart diseases and even cancer. Compared to normal tea, green tea has lesser caffeine. Large doses of caffeine can lead to an increase in your blood pressure. Being high on flavonoids (phytochemicals found in plant products), green tea possesses antioxidative and anti-carcinogenic properties, which it is best known for.

Herbalife offers 2 delicious sipping green teas (original and pomegranate) with reduced caffeine - perfect for nighttime relaxing as well as our famous Herbal Tea Concentrate fat burning tea in 6 delicious flavors (Green and Orange Pekoe blend). Think 'Drink & Shrink'                      Get with your coach for more info.



**WELLNESS COACHES  
WANTED**

**\$500-\$2,500 Part Time** per month  
**\$5,000-\$10,000 Full Time**

DEVELOP EXTRA INCOME AROUND YOUR CURRENT INCOME

**LET'S CHANGE LIVES TOGETHER.  
NO EXPERIENCE NECESSARY**



**HERBALIFE.**  
*Independent Distributor*

Midwest Nutrition is so grateful of the many blessings that our Coaches have received and we want YOU to be part of it!

**This opportunity will not last long!**

We are hosting our 3-Day Trial Opportunity  
Information Session

**Wed, Dec 16, 2015 7:30pm**

## at Midwest Nutrition

The opportunity is yours... come take a look at how you can take control of your financial future now and be part of this incredible movement! #payitforward #3daytrialkc

**Note:** If you are not in the Kansas City Metro and would like to participate - reply to the coach who sent this to you and get details on how you can participate in your area via video conference!



Midwest Nutrition Newsletter

11964 W. 119th St.

Visit our website, [Click here.](#)

Overland Park, KS 66213

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