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

Be sure to come into the club try our delicious

**Cran-Ras** Tea of the Month!



**Our Mission is Nutrition!**

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

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- **Event Update:** **Summer Sizzler WLC Launch** - Registration is open...It's GO time!
- **Product Spotlight:** **Liftoff comparison** - not even close!
- **Feature Article:** **How yoga and meditation can help you relax** - Do's & Don't's

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## Success Story of the Month - *Melanie*



## **Melanie is 64 LBS Lighter and has Dropped 12 Pant Sizes**

*"BEFORE I DECIDED TO MAKE A CHANGE IN MY LIFESTYLE I WAS TOLD I WAS PRE-DIABETIC AND SUFFERED FROM BACK PAINS DUE TO BULGING DISCS. THE DOCTOR'S RECOMMENDATION? TO LOSE WEIGHT...*

*NOW, 64 POUNDS LIGHTER, MY BLOOD SUGAR LEVEL IS UNDER CONTROL AND THE BACK PAIN IS GONE!" - MELANIE*

Get with [your coach](#) to learn more about how you can be our next success story!

## REGISTRATION NOW OPEN!

*Summer Sizzler 2015 Weight Loss Challenge is now open for registration!!*

### LEARN & BURN!

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



Registration is open and slots are going fast for our new our 11 Week challenge - Each nutrition session is followed by a group fitness session - coaches are on hand for questions and counseling as

well. Our next challenge will be **starts July 13. Cash prizes!** Bring a friend and you each save \$5...bring 3 friends and you get in **free!!**

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

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



**1 Serving of Red Bull:**  
 110 calories  
 27 grams sugar  
 28 grams carbs

**1 Serving of Lift Off:**  
 10 calories  
 No Sugar  
 4 grams carbs

## Feature Articles

### How yoga and meditation can help you relax

Posted by Samantha Clayton, AFAA, ISSA



*Don't let your fitness plan be part of what's stressing you out! Instead, focus on calming techniques and a gentle yoga stretch.*

Life is stressful and stress can cause both weight gain and anxiety. If you need some tips on how to calm your mind and temporarily escape the chaos that life often brings, then my meditation tips and gentle yoga routine will be perfect for you!

Many people consume foods that are high in sugars, fats and salt to help them feel good during times of stress. Junk foods stimulate the pleasure center in the brain especially during times of stress. I can personally confess to reaching for the cookie jar during several chaotic moments when my triplets were babies. Imagine three babies learning to walk at the same time! In fact, just thinking about it makes my blood pressure rise and that was six years ago. I discovered that exercise made me feel good and provided me with a longer lasting calming effect compared with the temporary satisfaction I received from my cookie escape.

The harsh reality is that the feel-good factor we get from consuming these sugary and fatty treats is short lived. In addition, consuming these foods can lead to poor overall health and weight gain. Finding other ways to manage stress is so important. During times of stress, I turn to yoga and meditation to help me relax.

It's not always practical to jump into an exercise routine in moments of stress. Exercising your mind is just as important as exercising your body. Today, I want to share with you a great way to regain your focus, calm your mind and at the same time avoid the pit falls that come with of reaching for the cookie jar in times of stress. Yoga and meditation are not new concepts, rather, they are ancient practices that are associated with some wonderful health benefits.

## Gentle Yoga Stretch

Sometimes after a long day, I like to unwind with a gentle yoga routine. This is also a great way to start the day—it clears your mind and sets a positive tone for the day with a few simple yoga moves. Take a look at my gentle yoga routine in the video below, and then follow it with some meditation to help calm your mind.

## Meditation

In my opinion meditation is simply a term for spending some time disconnecting from the chaos of life and attempting to quiet your mind and be in a calm state of awareness. A recent conversation that I had with a friend made me realize that meditation is often misunderstood. These common misunderstandings get in the way and stop people from giving it a try. He told me, "I've tried meditation in the past because my job is so highly stressful with incredibly long hours, but I always quit meditating because I thought I was a terrible meditator. I could never totally clear my mind so I would get frustrated and quit. But now I understand that having thoughts is simply a part of the process." What he said is exactly how I used to feel about trying to meditate!

As with all things relating to health and fitness there are many schools of thought and many methods. Today I will share with you my practical tips for calming your mind and reflecting on your day with simple and practical meditation advice.

## Simple meditation do's and don't's

**Don't** think that you need a completely silent and secluded place to practice. In the real world, and especially in a home with kids or at the office, finding complete silence is almost an impossible task.

**Do** try to remove yourself from all major distractions such as phones, computer screens and incredibly loud

spaces. Simply turn your office chair away from the screen. If you're at home, close your bedroom door.

**Don't** convince yourself that you need any special equipment such as a yoga mat, bells, or blankets because I want you to understand you can meditate anywhere. The less stuff you rely on, the easier it will be to take a quick moment to practice.

**Do** try to sit or lie down in a comfortable place where you feel relaxed. You can keep your eyes open or close them, just do what feels right for you.

**Don't** force yourself to start breathing with a specific style like belly breathing or nose breathing it can initially put you off or even make you feel light-headed. You can work on breathing technique once you start to feel comfortable with meditation.

**Do** focus on your breath. Feel the air coming in and leaving your body. Simply be aware of your breath and how it feels.

**Don't** start thinking negative thoughts when your grocery list or to-do list starts to creep into your mind.

**Do** redirect your focus away from your grocery list and back to your breathing.

**Don't** have a long list of affirmations or goals that you think about or chant out loud.

**Do** have one or two key words that help you to relax or guide you towards positive sense of well-being.

Enjoy your escape from a chaotic lifestyle. Aim to find 20 minutes of quiet time for yourself once or twice a day. Remember that meditation is considered a practice, just like yoga. So yes, that means it may actually take practice to feel the full calming effects.

If sitting still is not for you, you can meditate in motion while walking or running.

My Sunday run is what I call my 'mommy escape.' I relax and clear my mind by focusing on my breathing and if I have trouble relaxing I simply rhythmically count my strides 1-2 , 1-2. I then focus on my breathing and do some yoga stretches. Before I know it, one beautiful hour of calm has passed me by and I am ready to go full steam ahead with keeping my kids safe while they play. They may have mastered the art of walking, but now it's all about climbing trees and riding skateboards! It helps me to take my 20 minutes every day for my sanity.

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## 3-Day Trial System Opportunity Training

June 24  
7:30PM  
@  
Midwest  
Nutrition



### 3 DAY TRIAL PACK

Our OneTeam  
500 Challenge  
Action Team is  
forming Now!



Midwest Nutrition has announced the launch of our *OneTeam 500 Challenge* wherein we have taken on the challenge

to help 500 people get started on our 3-Day trial and get in the best shape of their life by Summer and we're looking for PT/FT help!

**This opportunity will not last long!**

We are hosting our 3-Day Trial Opportunity

Information Session  
**Wed, June 24, 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! #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!

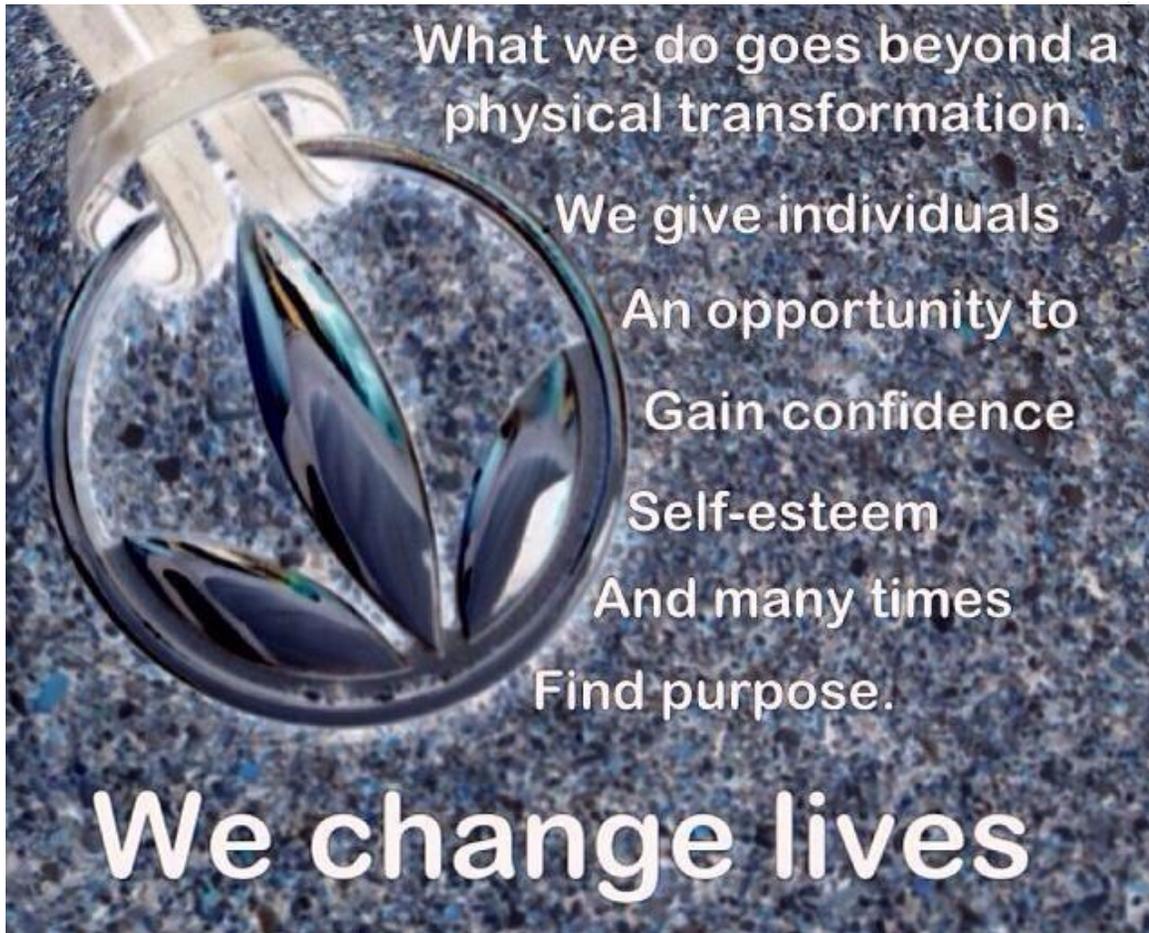
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**Announcing Monday Night Zoom Webinars!**

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



What we do goes beyond a physical transformation.

We give individuals

An opportunity to

Gain confidence

Self-esteem

And many times

Find purpose.

**We change lives**



**HERBALIFE.**

Midwest Nutrition Newsletter

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

11964 W. 119th St.

Overland Park, KS 66213

(913) 608-5192