



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

Be sure to come into the club try our delicious

Shamrock Mint Shake of the Month!



Our Mission is Nutrition!

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

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- **Event Update:** **Swimsuit Slimdown WLC** - Open for registration!
- **Product Announcement:** **Cranberry Herbal Aloe Concentrate** - Cranliscious!
- **Success Story of the month:** **Megan** - Lean and mean!
- **Product Spotlight:** **Active Fiber** - Improve your gut feel!
- **Get Active!:** **Healthy Active Lifestyle Events** - Schedule online now
- **Feature Article:** **Dietary Supplements** - Who takes them and Why
- **Opportunity Meeting:** **Earning what you're worth? If not you need to be HERE!** - Our opportunity meetings are on fire! - next session 4/8 7PM - Don't miss!

Swimsuit Slimdown 2015 Weight Loss Challenge - NOW OPEN for Registration

NEW FORMAT: Learn &

The challenge includes nutritional training, coaching, change, product training, free 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 for April.

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



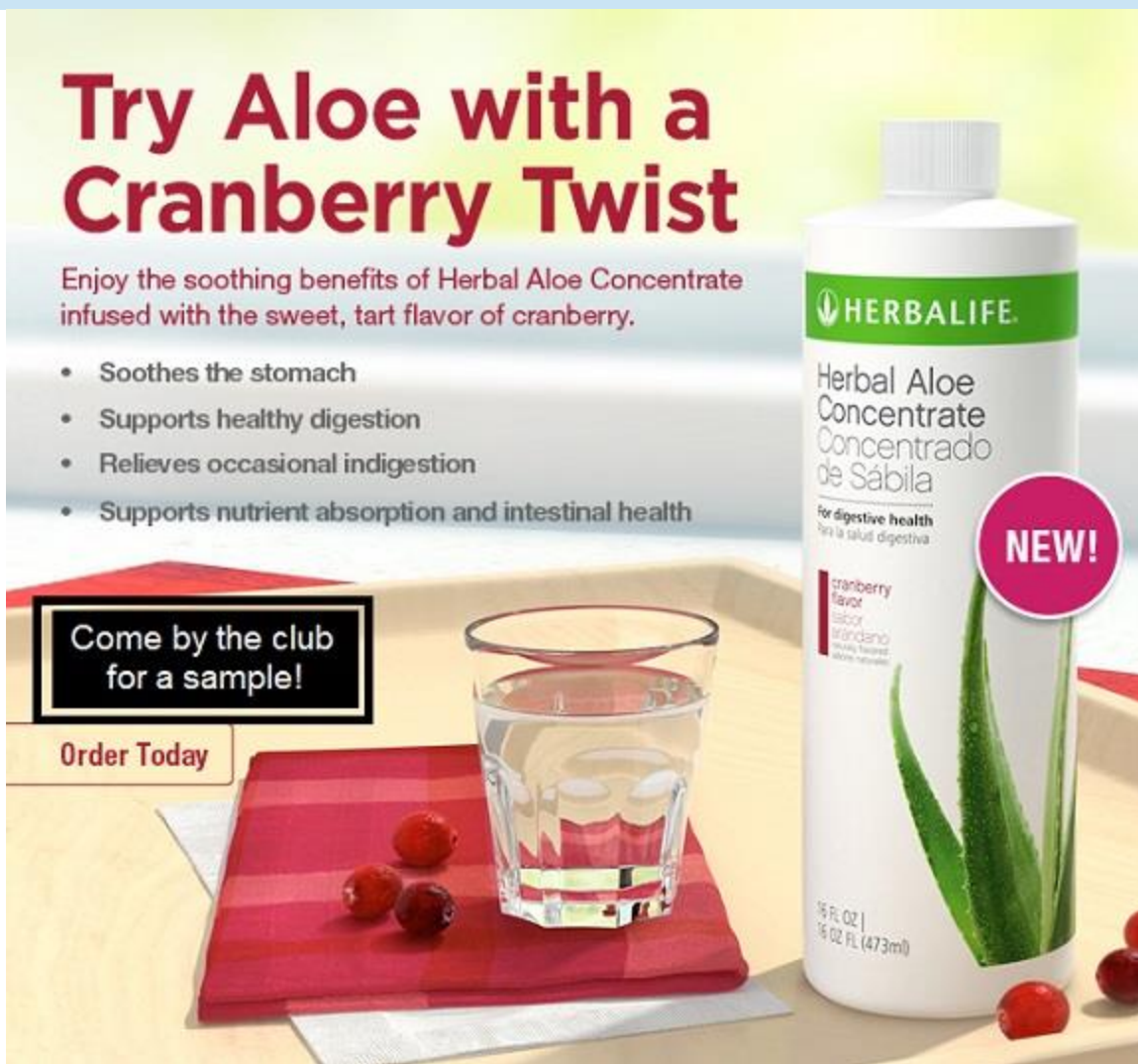
Try Aloe with a Cranberry Twist

Enjoy the soothing benefits of Herbal Aloe Concentrate infused with the sweet, tart flavor of cranberry.

- Soothes the stomach
- Supports healthy digestion
- Relieves occasional indigestion
- Supports nutrient absorption and intestinal health

Come by the club
for a sample!

Order Today



Incredible life-changing Results: Megan

HERBALIFE.



Megan BEFORE:
Allergies, Migraines,
Tired, & 24% Body Fat

Megan AFTER:
No More Migraines or
Allergies & 10% Body Fat

Product Spotlight - Active Fiber



Support Digestive Health

Share the benefits of adding **Active Fiber Complex** to a nutrition plan during Digestive Health Month. With five grams of soluble and insoluble fiber, it promotes regularity. Available in Apple or Unflavored, it also supports the growth of friendly intestinal bacteria.

Check out our new [Healthy Active Lifestyle fitness events schedule](#). Group Fitness 4x per week, Run Club 3x per week and Walking club on Saturday.

All events are free and lots of fun. Bring a friend and join us to get in the best shape of your life.

No gym memberships - no trainer fees!



Results guaranteed or your old body back!

Feature Articles



What type of people use dietary supplements?



Posted by Susan Bowerman, MS, RD, CSSD, FAND

What do we know about supplement users? People who take dietary supplements tend to have healthier lifestyles.

If you take dietary supplements – like multiple vitamins or calcium or fish oil – there’s a good chance that you also exercise regularly, keep your weight under control and watch what you eat. That’s the message that came across loud and clear in a [review article](#)¹ – published just this week- which reported on the health habits of Americans who regularly use supplements.

What made this article interesting is that it shined a bit of a spotlight on the healthy, active lifestyles of supplement users – with a focus on the fact that *taking supplements is just one of the many things they do in their quest for better health.*

Supplement Users Tend Toward Healthier Lifestyles

It’s been known for some time that supplement users *do* tend to make healthy lifestyle choices.

And yet, it seems that whenever you read something about taking dietary supplements, there’s often the reminder that “supplements don’t make up for a poor diet” – which suggests that many people who take supplements do so for *exactly* that reason.

Of course supplements don’t make up for a poor diet (that’s why they’re called “supplements” and not “substitutes”). But as true as that statement may be, it appears that *the majority of those who take supplements are actually eating well* and practicing other healthy habits too – like watching their weight, avoiding tobacco, and staying active.

Prevalence of Dietary Supplement Use in the US


The report gathered information from several large national surveys and noted that about half of all American adults take some form of dietary supplement – most take multiple vitamins, with vitamin C supplements following close behind. Maintaining a healthy body weight is associated with supplement use – 56% of normal weight people reported taking supplements in one survey, compared with less than half of those who were obese. And, it was also found that a higher percentage of people who engage in regular activity take supplements (59%) than those who are sedentary (43%).

According to the report, supplement users are also more likely to pay attention to their diets, too. Data from one survey indicated that those whose diets were high in fat, or low in fiber or low in fruit were less likely to use supplements – leading to the conclusion that a “health conscious attitude” prevails among those who do take dietary supplements.

Supplements Can Help Cover Dietary Shortfalls

But even among health-conscious individuals who try to meet nutrient needs primarily through consuming foods, it can be a challenge to hit every nutrient target every single day – which is one reason why many people turn to supplements in providing one or more nutrients that otherwise might be consumed in less than recommended amounts. And, as noted in the report, the diets of supplement users did have some nutritional deficits – but the supplements made important contributions in filling the gaps.

Health-conscious people know that they're in charge of their own health – and they use a variety of tools to maintain and promote their well-being. And – along with eating right, staying active, and maintaining a healthy weight – taking dietary supplements may be another tool in their toolkit.





I used to be a stressed out Corporate IT Manager, my wife Linda was a Court Stenographer. We were blessed to find Herbalife and gain incredible health results! Now we have turned that into an incredible business around our family and we are growing like crazy so WE NEED HELP!!
~ Jerry



Earn Income Now

There is a **FREE** Informational meeting on
2nd and 4th Wed of every month at 7:00PM
Midwest Nutrition 11964 W. 119th St. OP, KS 66213



Midwest Nutrition Newsletter

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