



[CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)
Kids are back in school and it's time to focus on YOU!



Healthy Meal Smoothie
"The Perfect Meal"



Energizing Herbal Tea
"Cardio in a Cup"



Soothing Mango Aloe
"A Shower Inside"

Our Mission is Nutrition!

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

In this Issue:

- **Success Story of the month:** Amber - Will YOU be next?
- **Event Update:** **Weight Loss Challenge!** - Celebration & Registration!
- **Herbalife Spotlight:** **Soccer Parents and Herbalife** - Teaming together
- **Feature Article:** **Importance of Water** - Get drinking!
- **Special Announcement:** **3 Day Trials** - New PT \$\$\$ Opportunity! Training 9/23.
- **Event Update:** **Announcing Zoom Preview Webinars** - The more you learn, the more you earn!

Success Story of the Month - Amber



Before	After
Scale wt.	Scale wt.
162 lbs.	124 lbs.
Body Fat%	Body Fat%
37.92 %	24.36 %
Abdomen	Abdomen
33.5	27.5
Fat Mass	Fat Mass
61.43	30.2



Amber

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

LEARNING AND BURNING!!

Our Summer Sizzler 2015 Weight Loss Challenge is in the home stretch and our Fall Challenge is Open!



UPDATE: Our 11 Week Summer Sizzler challenge is in week 10 and it's a very close race!! The payout party is Tuesday, Sept 29th at 6PM.

Each nutrition session is

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



Our next challenge starts Sept 28 and orientations are Wed 6:15PM and Sat 10am- get with your Coach to reserve your slot and stay posted to this newsletter for more details. **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!

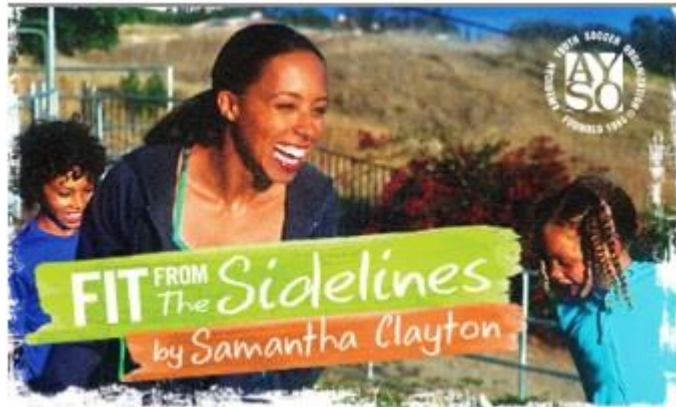


HERBALIFE.

SPOTLIGHT

Soccer parents, join the movement to get fit!

Samantha Clayton, former olympic sprinter and Director of Fitness Education at Herbalife presents **AYSO Fit From The Sidelines**, giving moms and dads a chance to get fit while supporting young players on the field. [Learn more](#)



Feature Articles

 by Susan Bowerman



What Is It? Water is a vital nutrient - a fluid that is essential to the life of every cell in the body. Because the body cannot store water, it must be provided to the body every day to make up for losses that naturally occur as the result of basic bodily functions.

Where Is It Found? Aside from plain water, the water in beverages (coffee, tea, mineral water, fruit juice, broth, vegetable juice, sports drinks, milk) also contribute to daily fluid intake. In addition, fruits and vegetables contain quite a bit of water, and can provide 20% or more of daily fluid needs.

What Does It Do? Among its many functions, water helps you digest your food, it delivers nutrients to your cells and it helps your body eliminate waste products. Water also helps control body temperature, lubricates joints, and is necessary for proper muscle function. Most of the chemical reactions in the body take place in water and many nutrients exist in the body dissolved in water.

Why Is It Important? About 60-70% of the weight of the human body is water and every cell, tissue and organ in the body needs water to function. While we can survive for a time without food, without water, biological processes in the body would stop in just a matter of a few days.

How Much Do I Need? Fluid needs vary depending on age, gender and activity level. In general, most people need between 8-12 cups (2-3 liters) of water per day. For every 50 pounds (about 25 kg) of body weight, about a quart (or a liter) of water is needed every day. For most people, this amount is similar to the often-cited suggestion of 8 glasses of water a day. Athletes may have increased fluid requirements, and need to match their fluid intake to their fluid losses during exercise.

3-Day Trial System Opportunity Training

Wed Aug 26th

7:30PM

@

Midwest
Nutrition



3 DAY TRIAL PACK

Get paid to help us to reach as many people as possible. We're out to change people's lives!



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, Sept 23, 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!

Want to see something short & sweet?...

Announcing Zoom Business Opportunity Preview!
See what all the buzz is about by joining us online!

15 minute LIVE system overview

9 opportunities each week!

Mon 12PM CST
Tues- Fri 12PM CST, 8PM CST

SIMPLY GO TO www.ZoomPreview.com AT ANY OF THE TIMES ABOVE AND ENJOY!

iew_



Midwest Nutrition Newsletter
11964 W. 119th St.

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

Overland Park, KS 66213
(913) 608-5192