



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



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](#)

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- **Success Story of the month:** **Shannon** - Post partum inspiration!!
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- **Herbalife Spotlight:** **Mary Kom** - Don't pick a fight with her nutrition!
- **Plug Into Our Social Media :** **Plug In!** - Are we connected!
- **Event Update:** **Social Media Wellness Opportunity presentation** - Apr 27 - We need online Social Media coaching help to handle our growth



Weight Loss Challenge Update
The Swimsuit Slimdown Challenge is underway!! **Registration for our Spring Challenge closes in 2 days!**

UPDATE: Last chance! Get with your coach today.



READY TO COMMIT TO THE BEST YOU THAT YOU CAN BE?
REGISTER NOW FOR OUR SPRING CHALLENGE

See more or register at www.MidwestWellnessClub.com/weight-loss-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 - Shannon

In 7 months 194-143 Pounds. Size 18- 6.. 56" Inches Lost..
Baby Leftovers.. Not Pregnant..
Much Happier..



*Featured
Products*

Keep your body running in tiptop shape!

Formula 2 Multivitamin Complex provides 21 essential micronutrients, including antioxidant Vitamins A (as beta-carotene), C and E, to support your immune system.*



Give your morning cleansing and shave a wake-up call.

Use **Herbalife SKIN® Polishing Citrus Cleanser** to help you remove excess dirt, oil and makeup, or lather with it for a close shave that will leave your skin clean and revitalized!



SPOTLIGHT

Mary Kom: Boxing Champion Ups Her Game with Herbalife Nutrition



Herbalife-sponsored boxer Mary Kom is the first Indian female athlete in history to win a gold medal at the Asian Games, which she accomplished in 2014. Now she has her sights set on another gold medal at the 2016 games in Rio de Janeiro. "I'm putting all of my energy into my training, fitness

and overall health so I can achieve this dream,” says Kom. “I’m proud to have Team Herbalife, the best nutrition brand in the world, on my side.”

Road to Success: Physical and Mental

Kom’s road to success in boxing began as child when she became interested in a variety of sports, especially martial arts. Her first introduction to the sport of boxing was during the National Games of India, in which she took notice of the female boxers in competition. “I credit the National Games of India, as well as boxing champion Dingko Singh’s victory at the Asian Games in 1998, as having the most influence on my career,” she says. She also acknowledges her coaches and family members who encourage her to make a career of the sport.

Kom points out that even though there are challenges in every sport, boxing in particular, requires an incredible amount of physical strength, energy and stamina. “I put long hours into my workouts and I train with consistency, otherwise I risk the possibility of going back to zero in terms of fitness and having to start all over,” says Kom. “Ultimately, training for boxing requires putting the time in and training smart.” Kom trains in two major areas for competition: physical and mental. She commits herself to training specific fighting skills through shadow boxing, pads and sparring. “I train for at least two to three hours a day, both in the morning and afternoon,” she says. As in all sports disciplines, the mental aspect of competing is equally important to the physical. “I focus on relief from tension and stress through meditation and prayer. This helps me to heal mental wounds while keeping my inner fire burning, in and out of the ring. I’m also grateful to my family members who understand the rigors of the sport and support me unconditionally,” she says.

Making Nutrition a Priority

Another aspect critical to Kom’s performance is nutrition. She has been making nutrition a priority since 2011, when she realized that her particular weight category wasn’t included as part of the London games and she needed to gain weight to be allowed to compete. Concerned that any new dietary changes might affect her fitness level, performance and comfort in the ring, she began taking Herbalife® products. “Because of Herbalife, I quickly learned that good nutrition for athletes isn’t just about weight management, it’s also about having the right balance of energy and replenishment after sweating,” says Kom. “Boxing is unlike other sports in that a single kilogram of weight can decide your future. You need to strictly maintain your body and everything you do has to be in service of your fitness and performance. It’s critical that you get all of your macro and micronutrients.”

Kom starts her day with [Herbalife24® Formula 1 Sport](#), which gives her proper nutrition to train. She drinks [Herbalife® Afresh Energy Drink Mix](#) (available exclusively in India and similar to [Herbalife® N-R-G Nature's Raw Guarana Tea](#)) throughout her training session. Guarana contains caffeine, which boosts the feeling of energy.* She takes [Herbalife® Formula 2 Multivitamin Complex](#) to help her get her daily micronutrients. Kom also relies on Herbalife® products because she is concerned about consuming banned substances. The line of Herbalife24® products is tested by the National Sanitation Foundation (NSF) International, an independent, accredited organization. The NSF Certified for Sport® marking on certain Herbalife® products ensures that they have been rigorously tested for quality and are at a minimal risk for containing banned substances.'

Giving Back to Her Country

With all that Kom has going on in her pursuit for gold at the Rio games, she still finds the time to fully engage herself in the [Mary Kom Regional Boxing Foundation](#), which aims to promote and teach boxing to underprivileged youth in Manipur and other parts North East India. "I want to continue to use my skills and experience to produce more champions like me," says Kom. "That's how I will give back to my people and my country for all that they have given to me."

Mary Kom Career Highlights

- 2014 Asian Games – First Place
- 2012 Summer Olympics – Third Place
- 2012 Asian Women's Championships – First Place
- 2011 Asian Women's Cup – First Place
- 2010 Asian Women's Games – Third Place

- See more at: <http://www.herbalifespotlight.com/2016/04/mary-kom-boxing-champion-ups-her-game-with-herbalife-nutrition/#more-1630>



Midwest Nutrition is currently looking for social media-savy people to help us part-time with our new turnkey social media system!

This opportunity will not last long!

We are hosting a brief Information Session
Wed, Apr 27, 2016 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!

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!



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

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