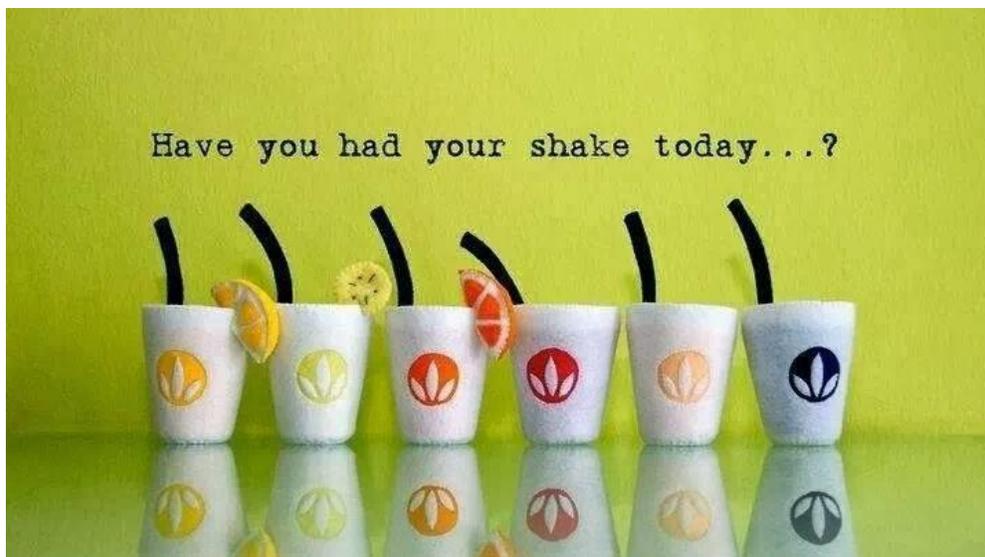




[CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)



Our Mission is Nutrition!

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

In this Issue:

- **Event Update: Shake Partayyy!**- Join us for a night of nutritious fun and sampling - FREE and FUN!
 - **Success Story of the month: Kimberly** - Leaner and feeling great!
 - **Event Update: Summer Sizzler Weight Loss Challenge** - Update
 - **Featured Products: Rclax, Support & Soothe!** - Solutions for Stress relief, joints and skin
 - **Herbalife Spotlight: Solution to Malnutrition & Obesity** - Occurring at the same time
-



Midwest Nutrition is hosting a shake party!!
OPEN to all customers, Members & families
Delicious shake tasting and mingling with our
Wellness Coaches
Wed, Aug 24, 2016 7:30pm
at Midwest Nutrition
Come join us for a night of fun and tasty
sampling and high energy!

Success Story of the Month - **Kimberly**

Kimberly



Before

Results:

Body Fat
DOWN 3%
Muscle UP
3%



After

 HERBALIFE
Independent Distributor

Kimberly cannot express exactly how much better she feels but she points out that *"Sure I like what I see in the mirror a whole lot more but that pales compared to waking up each day excited and alive!"*



Weight Loss Challenge Update

Our challengers are getting smaller and inspiring us every week!!

We have just completed Week 5 of our 11 week challenge and the leaderboard is lighting up!!

Congrats to everyone changing their lives - we are so excited for you all!

Are YOU ready to make a change?

Watch for a special

announcement next month for our Fall challenge.



READY TO COMMIT TO THE BEST YOU THAT YOU CAN BE?

See more at www.MidwestWellnessClub.com/weight-loss-challenge

You can also 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!



Featured Products

Support your next move

A white bottle of Herbalife Joint Support Advanced is shown on the left. The label features the Herbalife logo and the product name. To the right, a man and a woman wearing helmets and cycling gear are riding bicycles outdoors. The background is a clear blue sky.

ORDER TODAY!

Joint Support Advanced is formulated with glucosamine to support healthy joint function and selenium to support healthy aging. Excellent source of manganese and a good source of copper.

Give yourself a break!



HERBALIFE
Relax Now

ORDER TODAY!

Relax Now contains jujube and passionflower to help you cope with occasional stress and maintain a healthy mood.

Leave skin feeling smoother and softer



HERBALIFE
HERBAL ALOE
SOOTHING GEL
GEL SUIVIZANTE
GEL APAISANT

ORDER TODAY!

Infused with aloe vera, Herbal Aloe Soothing Gel cools and refreshes uncomfortably dry skin and leaves it feeling smoother and softer.

 HERBALIFE®

SPOTLIGHT

Global Report: Malnutrition and Obesity are Occurring at the Same Time in Many

Countries

By **Dr. Luigi Gratton**, Vice President, Nutrition Education and Development
July 26, 2016

The release of the [Global Nutrition Report](#), which is sponsored by the International Food Policy Research Institute, points to some troubling trends:

- Obesity and overweight are on the rise in every region of the world.
- The United States, Germany and 12 other countries have high obesity rates.
- The largest increase of overweight children is currently being seen in Asia.
- The rate of children, five years of age and younger, who are overweight is close to that of those who are wasting.

The obesity epidemic is taking a huge economic toll on nations and individuals alike. To combat the effects of malnutrition, countries in Africa and Asia spend 11 percent of their gross domestic product on average every year. In the United States, an obese person will likely pay eight percent of his/her annual income in additional health care costs.

The Obesity Epidemic

When and how the obesity epidemic started is still a question being debated by experts, but there are [certain factors](#) that contribute to the problem in the United States:

- There is an abundance of inexpensive, good tasting, easily accessible and super-sized portioned foods.
- Many more jobs are sedentary and demand very little physical activity.
- People are enjoying more sedentary ???screen time??? and less active ???play time.???
- People are getting less sleep and being exposed to more stress.*

In summary, we???re consuming more food, but not necessarily more nutrients. We???re also moving less and not doing enough to burn those excess calories.

Herbalife???'s Part in Helping Fight Obesity

As a premier nutrition company, Herbalife is focused on providing nutritious foods and supplements to help individuals reach their weight loss goals and embark on a path to a healthy, active lifestyle. Our [global nutrition philosophy](#) is based on balanced nutrition, leading a healthy, active life and following a personalized program with the help of an independent Herbalife member. This philosophy is helping to change the nutrition habits of the world, one person at a time. Herbalife members play an important role in guiding and supporting our customers by serving as role models. Many of them themselves are a product of their own success and can provide nutrition information as well as

encouragement to individuals looking to improve their health and well-being.

A grassroots approach is needed to battle the overweight and poor nutrition megatrends. By working one person, one community at a time, these public health challenges can be addressed and maybe even reversed.



Midwest Nutrition Newsletter

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