

Your neighborhood source
for great nutrition!

nutrition
club

Come See What's Shakin'at Midwest Nutrition



Welcome to our first newsletter of the year. The Coaches at Midwest Nutrition would like to wish each and every one of our Customers and Members the healthiest and happiest of months ahead in 2016!

With the turning of the calendar, all thoughts are now on getting healthy and staying there. This CAN be your year to finally get there and stay there and Midwest Nutrition can help!

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](#)

In this Issue:

- **Event Update:** Weight Loss Challenge Underway!!! - Already Unbelievable results!
 - **Success Story of the month:** Ally- What a difference in feeling healthy!
 - **Featured Product:** Alternate Protein Formula 1 - Plant sourced and delicious!
 - **Herbalife Spotlight:** Successful New Year's Resolutions - How to plan for success
 - **Event Update:** Wellness Coach Opportunity Meeting - Jan 27 - We need PT/FT coaches to handle the New Year growth!
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Weight Loss Challenge Update *Our New Year, New You Weight Loss Challenge is underway!!!*

UPDATE: Ladies & Gentlemen start your engines! The challenge is underway and already our participants are down over 100 lbs combined after one week of weight loss!!



If you weren't able to join us this time around, don't miss the next contest starting Apr 4 - Stay posted to this newsletter for more details! You can also get with your coach or visit 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!



what
have

Success Story of the Month - Ally



**I have lost over 60 lbs and counting!
From a size 24 to size 10 and still going!
Herbalife has helped me on my journey!**

Ally says the weight loss is great but better yet is how she feels...healthy!!

Featured Products

An Alternative Protein Formula 1 Shake Is Back!



Formula 1 Alternative Proteins*

The perfect solution for anyone who wants to meet their weight-management goals, but prefers alternative, plant-based protein. Made with pea, sesame and rice proteins, this weight-management shake is also gluten-free!

- Provides 9 grams of protein from pea, sesame and rice
- Packed with 21 vitamins and minerals as well as herbs and fiber



Rice Protein



Pea Protein



Sesame Protein



SPOTLIGHT

Samantha Clayton: How to Plan a Successful New Year's Resolution



"Knowledge of self is the greatest of all knowledge," said Dennis Baker, track coach to Herbalife Sr. Director of Worldwide Fitness Education [Samantha Clayton](#). To this day, she uses Baker's words to inspire as she educates and motivates people from all walks of life to create a lifelong fitness plan. Making a New Year's resolution often demonstrates that individuals know who they are and what they need to do to be more successful in their life. "A New Year's fitness resolution can get you to communicate outwardly about wanting to be healthy or get fit," says Clayton. "Resolutions tend to be things that you share with your friends and family and I firmly believe that is a step in the right direction."

According to Clayton, New Year's resolutions can be good, even for people who have found them too challenging in the past. The New Year is a great time to wipe the slate clean, and the simple act of setting a resolution for yourself generates [motivation](#) and excitement. If you're one of those people who has set a

resolution in the past and not stuck with it, the pressure to stay with it on the next go-around can be even more of a motivation. That said, no New Year's fitness resolution is going to be successful without a solid plan. "I think people tend to not succeed with a resolution because they have not made a specific plan to incorporate it into their lifestyle," says Clayton. "They miss the important step of planning the how, what, when and where. These are critical details that make your resolution become a reality." She adds that if you're trying to quit a bad habit, in order to be successful, you need a plan for what to do when you feel like you want or need to revert back to that bad habit. "People tend to find much more success when they set realistic goals and also make a solid plan to fully help themselves be successful," she says.

Clayton advises that since people tend to be successful at things that they enjoy, picking such an activity is the most important step. Convenience is also important – if you have to drive a long way to do your activity, it will get old fast. She also suggests that finding a friend or family member to enjoy your activity with will help to keep you accountable. So how does Clayton stay accountable to her fitness plans and resolutions? "I practice what I preach," she says. "I keep a detailed fitness schedule and have a goals board that I check off. I live a very structured existence with healthy food and time for exercise. Plus, I don't believe in excuses, only solutions." Though Clayton sets high expectations for herself when it comes to exercising each day, as a wife, mother and full-time Herbalife employee, she has to remain flexible. "If my schedule gets crazy, I might reduce my usual hour of exercise to 30 minutes – doing something is always better than doing nothing at all," she says. "Ultimately, it is your dedication, consistency and overall commitment to a healthy, active life over the long run that is going to serve you best."

Herbalife is proud to have Clayton, a motivational force who is dedicated to making fitness accessible and fun to so many, on its team.

Clayton's Steps for Fitness Success

- Know why you want to be fit
- Plan out exactly what you will do to get fit
- Make a time commitment to getting fit and stick to it
- Have a plan for how you will stay accountable to your goals



WELLNESS COACHES WANTED

\$500 - \$2,500 Part Time per month
\$5,000 - \$10,000 Full Time

DEVELOP EXTRA INCOME AROUND YOUR CURRENT INCOME

LET'S CHANGE LIVES TOGETHER. NO EXPERIENCE NECESSARY



HERBALIFE.
Independent Distributor

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, Jan 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! #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!



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