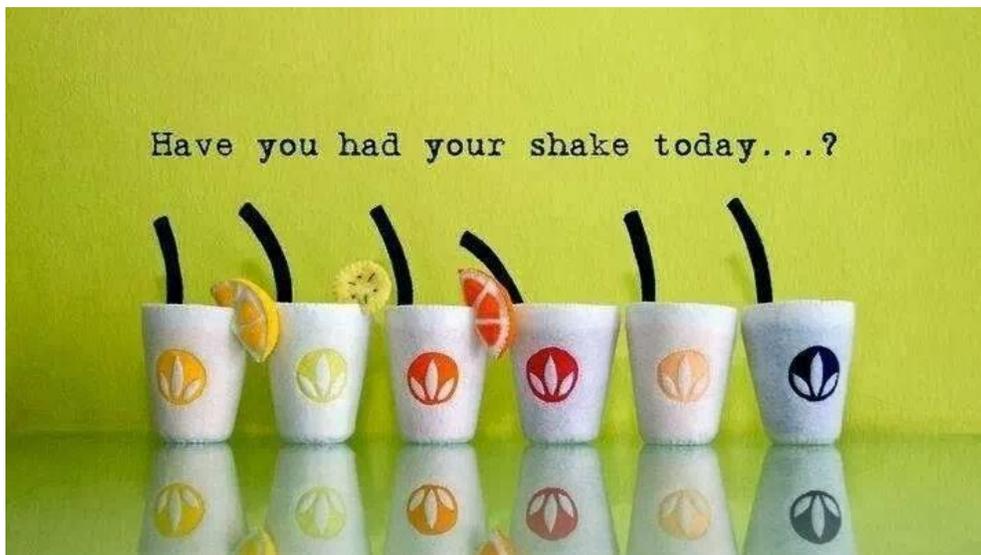




[CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)



Our Mission is Nutrition!

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

In this Issue:

- **Success Story of the month:** **Aleander** - Older and Better!
 - **Event Update:** **Summer Sizzler Weight Loss Challenge** - Underway!
 - **Featured Products:** **NEW PRODUCTS!** - Collagen Booster and Banana Caramel Formula 1!
 - **Herbalife Spotlight:** **Nutritional Supplements & Weight Management** - From the Experts
 - **Event Update:** **Shake Party!**- Join us for a night of nutritious fun!
-

Success Story of the Month - Alexander

October
290 pounds
50 Chest
44 Waist



April
210 Pounds
45 Chest
36 Waist



November
230 Pounds
50 Chest
36 Waist



Color of Hair
is Darker

I have Changed my Health and my Lifestyle. CAN YOU?

It doesn't happen overnight but we also don't get into bad shape and bad health overnight! Start the change with a baby step - see your Wellness Coach at Midwest Nutrition to begin your journey!



Weight Loss Challenge Update
*Our challengers are getting **HOT!!***
Are YOU ready to make a change?

Your next chance is **NOW**: Our ☀️ Summer Sizzler WLC☀️ is **underway and registration closes VERY soon!**



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

Get registered or 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

Strong Nails
Healthy Hair*
GLOWING SKIN

Take this supplement once a day.

With new
Herbalife SKIN®
Collagen Beauty
Booster†



*Selenium, zinc and biotin support strong nails and healthy hair.
†This statement has not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.



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 **HERBALIFE.**

SPOTLIGHT

**Nutritional Supplements and
Weight Management**

By **Jose Reinhart, M.D.**, Member, Herbalife Nutrition Advisory Board
June 10, 2016

Overweight and obesity are now a truly universal problem.

According to a recent study published in the Lancet, 18% of men and 21% of women around the world will be obese by 2025 if current trends continue. And the alarming findings don't stop there:

- From 1975 to 2014, global obesity has more than tripled among men and doubled among women.
- There are more than 266 million obese men and 375 million obese women in the world.
- Over one in eight adults are now obese, a ratio that has more than doubled since 1975.
- The United States and China have the highest rates of obesity.

Dr. Jose Reinhart of the #HerbalifeNutrition



Advisory Board discusses benefits of nutrient-dense dietary supplements

Jose Reinhart, M.D., Member,
Herbalife Nutrition Advisory Board

Overweight and obesity result from an imbalance between daily caloric intake and consumption. A suitable alternative, which is expanding throughout the world, are nutritional replacements, which are scientifically prepared formulas that allow replacing meals throughout the day; these supplements contain a variety of beneficial nutrients.

For example, a high-protein nutritional shake, with appropriate amounts of

carbohydrates and micronutrients (such as vitamins, minerals and trace elements), and with a low caloric content of about 200 calories, is the best alternative to replace a normal breakfast that contains approximately 600 calories.

For an overweight or obese person who consumes a poor diet and gets insufficient exercise, a nutritional replacement can be used to replace two meals a day. By replacing two meals a day with a nutritional replacement, a person can reduce their daily caloric intake by 600 to 800 calories a day. This can help to reduce body weight at a safe rate of weight loss of one to two pounds per week.

A premier nutrition company, Herbalife is committed to promoting good nutrition and personal care through a program of awareness and education for healthy food choices, regular exercise and a healthy, active lifestyle.

Midwest Nutrition is hosting a shake party!!

OPEN to all customers, Members & families

**Delicious shake tasting followed by a brief
Information Session on our Nutrition
Opportunity**

**Wed, July 27, 2016 7:30pm
at Midwest Nutrition**

**Come join us for a night of fun and tasty
sampling and high energy!**

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!



Midwest Nutrition Newsletter

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