



Come in all month for our special MINT GREEN shake! See how delicious nutrition can be!

[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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Weight Loss Challenge Update

*The Swimsuit Slimdown Challenge is finally here!! **Registration for our Spring Challenge is NOW OPEN!***

UPDATE: Get registered today. Slots are going fast! Challenge starts the week of April 4.



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

REGISTER NOW FOR OUR SPRING CHALLENGE

(no payment due, but roster slots being reserved)

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 - **Trenie**
Goodbye former self! Hello new me 😊



*Featured
Products*

Boost your energy with a gentle pick-me-up!

Get recharged with **N-R-G Nature's Raw Guarana Tea's** blend of orange pekoe, lemon peel and guarana, which contains caffeine that reduces fatigue and increases mental alertness.



Support your body's natural defenses

Now with an enhanced flavor, **Best Defense®** is formulated with echinacea, Vitamin C and zinc to support your immune system.* Try this effervescent dietary supplement today!



HERBALIFE **SPOT**



5 Healthy Eating Tips To Reduce Stress

The occasional stressful event – like a car that won't start, or a refrigerator on the blink – is a part of life. And when stuff like this happens, we do get stressed a little bit – it's the body's way of helping us to focus so we can tackle the

problem. Getting stressed out occasionally is one thing, but when stress becomes chronic – when we face, for instance, unrelenting work demands or constantly worry about our finances – it can really take a toll on the body.

The body's natural response to stress leads us to feel a little more 'on' and alert. We evolved this 'fight or flight response' as a way to defend ourselves against a sudden danger or threat. But when this stress response is turned on all the time, it can tax the body's immune system, making it more difficult for us to ward off disease. And since a healthy immune system depends on a nutrient-rich diet, being well-nourished is one of the best defenses against illness, particularly during times of ongoing stress.

That's easier said than done, though. Stress can also bring on fatigue or depression, so healthy eating might take a back seat to foods that are quick or comforting – and often loaded with fat, salt and sugar. And if you're turning to caffeine to ward off fatigue, that can backfire, too, by disrupting your sleep.

Those high calorie comfort foods can stimulate the release of certain chemicals in the brain that make us feel good – at least in the short term – and also make us want to keep eating. But in a vicious cycle, overeating can lead to weight gain – which increases psychological stress and which, in turn, can lead to more overeating.

While you might not be able to make the stress go away, there are things you can do to help you manage stress levels and the way in which you respond to it.

- › Eat balanced meals. Try to include some lean protein – like poultry, egg whites, lowfat dairy, lean meats, fish, or soy products – with each meal. Protein satisfies hunger and also helps keep you mentally alert. Round out your meal with fresh fruits, vegetables and whole grains.
- › Eat regularly and don't skip meals. When you're stressed it's easy to put meals off – or even skip them altogether – but energy levels will suffer as a result, and you might end up pigging out when you do finally eat. If stress is an appetite-killer, try eating smaller amounts of food more often during the day.
- › Try to avoid using food as a stress reducer. A brisk walk or a cup of herbal tea might work instead. If you feel the need to eat, hard crunchy foods help relieve stress by putting tight jaw muscles to work. Try snacking on a handful of almonds, soy nuts or baby carrots.
- › Cut back on caffeine. People often feel a lack of energy when they're stressed and turn to caffeine as a pick me up, but it can disrupt your night's sleep. If caffeine keeps you awake at night, drink decaffeinated coffees and teas.
- › Try to keep mealtimes pleasant – and separate from work or other sources of stress. If you're eating at desk while you work, or paying bills while you eat dinner, something's got to give. Take a little extra time to slow down and relax while you eat – you're likely to eat less and enjoy it more.

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, Mar 23, 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!



Midwest Nutrition Newsletter

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