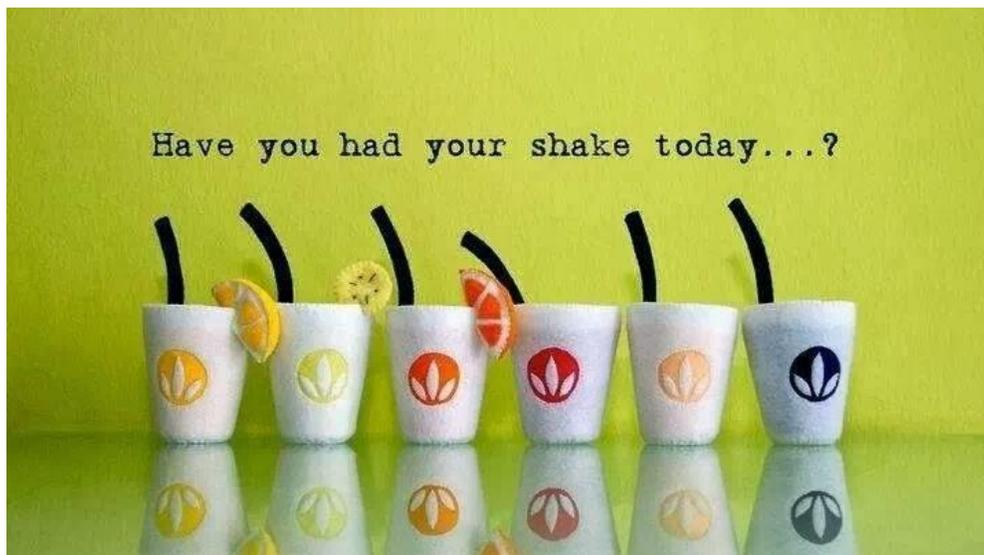




[CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)



Our Mission is Nutrition!

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

In this Issue:

- **Success Story of the month:** **Melanie** - Complete life transformation!!
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 - **Herbalife Spotlight:** **Toni Piispanen** - Overcoming to odds and finding greatness!
 - **Event Update:** **Social Media Wellness Opportunity presentation** - On Facebook all day already? Why not get paid to do it?!
-

Success Story of the Month - **Melanie**



Melanie is 64 LBS Lighter and has Dropped 12 Pant Sizes

"BEFORE I DECIDED TO MAKE A CHANGE IN MY LIFESTYLE I WAS TOLD I WAS PRE-DIABETIC AND SUFFERED FROM BACK PAINS DUE TO BULGING DISCS. THE DOCTOR'S RECOMMENDATION? TO LOSE WEIGHT...

NOW, 64 POUNDS LIGHTER, MY BLOOD SUGAR LEVEL IS UNDER CONTROL AND THE BACK PAIN IS GONE!" - MELANIE



Weight Loss Challenge Update

*Our challengers are getting swimsuit-ready!! **Ready to make a change?***

Your next chance: Stay tuned for next month's announcement of our **???** Summer Sizzler **???**.



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

See more 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!



Get the most from nutrition.

Formula 3 Cell Activator[®] is formulated with alpha-lipoic acid, which helps regenerate antioxidant activity[†] for the maintenance of good health.*

[†]Glutathione and Vitamin C



Refresh your skin daily.

Perfect for normal to dry skin, **Herbalife SKIN**[®] Soothing Aloe Cleanser gently removes excess oil, dirt and makeup to leave your skin feeling clean and refreshed.

 **HERBALIFE.**

SPOTLIGHT

Toni Piispanen:

Team Herbalife Wheelchair Racer Competes to Be the Best



For Herbalife-sponsored wheelchair racer Toni Piispanen, it's about 20 meters into a race when he starts to get really excited. Why? Because that's usually the first time I notice that my competitors are behind me, he says. It's that winning attitude, fierce drive and optimism that have helped propel Piispanen to the highest levels of the sport, including his biggest win to date, taking gold at the 2012 international competition in London. As one of Finland's most accomplished athletes, there is no doubt that his road

to success has been paved with incredible challenges and hard work.

Dreaming Big

In 1993, Piispanen was participating in a karate show when he suffered a spinal cord injury that left him disabled. However, not one to be hindered by such a thing, he boldly reinvented himself as a wheelchair rugby athlete, where he competed successfully for 15 years. The aggressive sport draws from elements of rugby, hockey, basketball and volleyball. It's a game played by competitors who have physical disabilities that include at least some loss of function in at least three limbs and require the use of a wheelchair. In 2008, with the urge to take on yet a new challenge, Piispanen started wheelchair racing. What drew me to the sport was that I had always been fast and dreamed big, he says. I had a chance to give wheelchair racing a try while I played rugby and realized that if I pursued it full time, I could potentially be the best in the world. It's still what motivates me. Motivation is key in wheelchair racing, as the sport has numerous unique challenges. You really have to be able to generate power from the body and channel that power in the right direction, he says. That takes thousands of hours of training to perfect. You also have to be able to adapt to all kinds of weather conditions, such as rain and wind, and use a variety of equipment that is required for each type of condition.

Focus on Nutrition

Key to Piispanen's training and performance is high-quality nutrition. Ever since his accident, he's paid close attention to what and how many calories he eats. When he started competing again, it made him realize that he needed to get

more from nutrition, especially at the professional level. "I have to be healthy at all times so that I can train as much as needed," says Piispanen. "I also have to recover well from my training sessions so that I can go into the next session feeling strong." With all of the supplement brands on the market these days, Piispanen says he chooses Herbalife products because he can rely on them to fuel his performances and they taste great. In addition, 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. Piispanen starts each day with vanilla-flavored Herbalife Formula 1 Healthy Meal Nutritional Shake Mix. Depending on his current training and competition regimen, he uses a variety of Herbalife24 products. He especially likes Herbalife24 Restore. "Restore allows me to combat exercise-induced inflammation and feel well-recovered the next day," he says. He also supplements daily with Herbalife Formula 2 Multivitamin Complex.

Herbalife Ambassador

Since 2013, Herbalife has sponsored Piispanen, proving time and again that he is an exceptional ambassador for the Herbalife brand. He continues to actively promote his relationship with Herbalife and help bring visibility to the brand for both domestic and international sporting enthusiasts. Herbalife is proud to provide him with the support he needs to achieve his highest goals. "Herbalife is the strong, nutritional force behind my performance," he says. "They ensure that I will have a great chance at winning a second gold medal."

Toni Piispanen Career Highlights

"Espoon Tapiot Athlete of the Year" 2014, 2012
European Champion (Swansea, Wales) in 100m 2014
Finnish Sports Gala Athlete of the Year 2013
World Champion (Lyon, France) 2013
Paralympics Gold Medalist (London) 2012
"The Sports Act of the Year" Award 2012





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, May 25, 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!



HERBALIFE.

Midwest Nutrition Newsletter

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