



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



**Our Mission is Nutrition!**

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

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- **Club Update:** **New Membership Offerings!** - Try them all!
- **Success Story of the month:** **Michelle J.** - From Hermit to Confident!
- **Event Update:** **WLC Update** - Week 2 Leaderboard!
- **Featured Products:** **Mandarin Orange Aloe Concentrate** - Soothing and Deelish!
- **Looking For Coaches:** **PT Wellness Coaches wanted** - New Clubs Opening!

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## **Club Update: New Memberships now available!**

Very excited to announce our new menu that starts Monday, April 16!  
14 types of memberships - YUM!

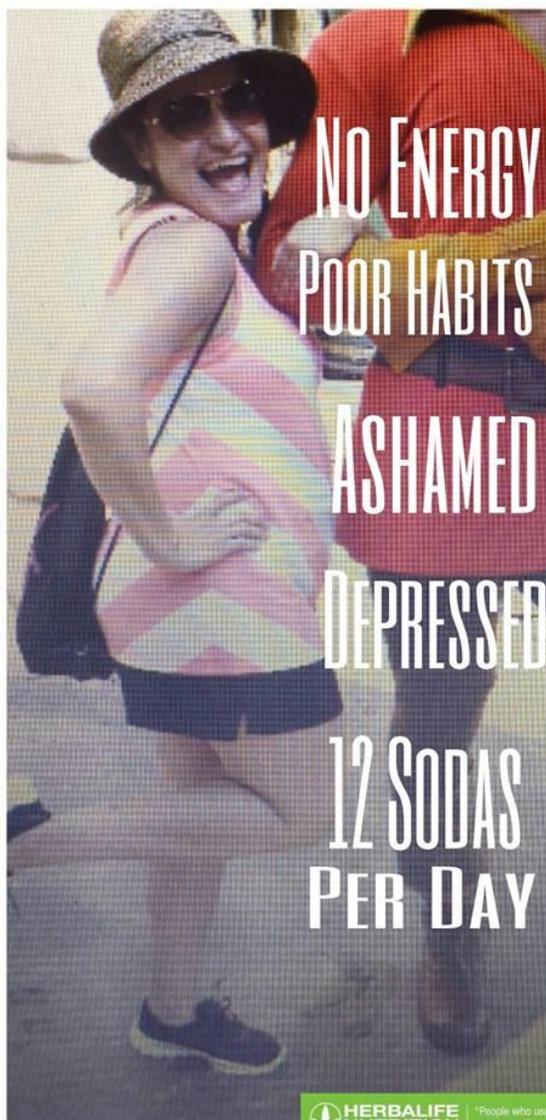
Also new: check-in to Midwest Nutrition - KC Metro while at the club and show to the operator and you will receive \$1 off your Membership that day!

See you at the club 😊

# DAILY MEMBERSHIPS

<p style="text-align: center;"><b>Nutritious Meal</b></p> <p><b>Healthy Meal</b> (24g/*31½ protein, 215/*250 calories) Healthy Meal Shake, Tea, Aloe</p> <p><b>Beauty Booster</b> (24g protein, 235 calories) Healthy Meal Shake, Tea + Collagen Beauty Booster, Aloe</p> <p><b>Energy Blast</b> (24g protein, 215 calories) Healthy Meal Shake, Tea + Liftoff, Aloe</p> <p><b>Immune Booster</b> (24g protein, 200 calories) Healthy Meal Shake, Tea + Best Defense, Aloe</p>	<p style="text-align: center;"><b>Weight Loss</b></p> <p><b>Fiber Me Up</b> (24g protein, 240 calories) Healthy Meal Shake + Active Fiber, Tea, Aloe</p> <p><b>Protein Power Up</b> (34g protein, 255 calories) Healthy Meal Shake + extra Protein, Tea, Aloe</p> <p><b>Fat Blaster</b> (24g protein, 285 calories) Healthy Meal Shake + Prolessa Duo, Tea, Aloe</p>
<p style="text-align: center;"><b>Sports &amp; Fitness</b></p> <p><b>24 Fit Healthy Meal</b> (24g protein, 215 calories) HL24 Healthy Meal Shake, Tea, Aloe</p> <p><b>Workout Combo</b> (24g protein, 256 calories) HL24 Prepare (pre-workout), HL24 Rebuild Strength (post-workout)</p>	<p style="text-align: center;"><b>Club Special-Teas</b></p> <p><b>Cardio In A Cup</b> Herbal Tea Concentrate or N.R.G. tea, Aloe</p> <p><b>Captain America</b> Herbal Tea Concentrate, 15g Prot Bev Mix, Aloe</p> <p><b>Bikini Tea</b> N.R.G. Tea, 15g Protein Beverage Mix, Apple Active Fiber, Aloe</p> <p><b>Black Widow</b> Herbal Tea Concentrate, N.R.G. Tea, Liftoff</p> <p><b>Beau-tea-ful Day</b> Herbal Tea Concentrate, Collagen Beauty Booster, Aloe</p>
<p style="text-align: center;"><b>Extras</b></p> <p>Protein Snack Bars (10g-12g)      Liftoff Singles    CR7 Singles Formula 1 Meal Bars                      Chili-Lime Roasted Soy Nuts</p>	

Success Story of the Month - Michelle J.



Michelle

Michelle struggled with feeling miserable as a result of being overweight. "I never left the house because I wasn't satisfied with the way I looked," she says. "My self-confidence was very low." Michelle had tried a variety of diets. "I had tried every one out there and failed at them all," she says. "I felt like I had hit a dead end."

**"I went from a size 14 to a size 6."**

After trying the products, Michelle quickly noticed the positive changes. "The very first day, I felt so much more energy," Michelle recalls. "I lost 35 pounds in a few months and people wanted to know what my secret was." Michelle has kept the weight off for one year and half now. "I feel so good," she exclaims. "And I finally have the energy to keep up with my three children!"\*

"My doctor told me, whatever I am doing to keep doing it!"



## Weight Loss Challenge Update

*Our Swimsuit Slimdown challenge is off to a rocking start with amazing results through Week #2!*

We are so excited for everyone who has started on or continued their journey with us here in our current session. So inspiring to watch people commit to better health!

**Here is our leaderboard after 1 week of weight loss (calculated by pct lost):**

Rank	Participant	Change (lb)
1	Jennifer E	-8.00
2	Heather L	-7.00
3	Kaitlyn H	-6.60
4	Charmain B	-7.40
5	Kara C	-6.20
6	Tim S	-7.20
7	Meredith S	-3.60
8	Holly S	-6.60
8	Reba H	-5.20
9	Donna C	-3.20
10	Ronda A	-2.80



For more info, visit [www.MidwestWellnessClub.com](http://www.MidwestWellnessClub.com) or  
email us at [info@MidwestWellnessClub.com](mailto:info@MidwestWellnessClub.com)

## SWIMSUIT SLIMDOWN

2017!

### *Nutrition Class Topics Include:*

- *Protein, Carbs, Fats*
- *Digestive Health & fiber*
- *Hydration, Food Shopping*
- *Changing Your lifestyle*
- *Stress, Metabolism & Acidosis*
- *Dining Out, Label Reading*
- *Nutrition & Disease Links*
- *Family Nutrition*
- *More!*

## *Are YOU ready to make a change?*

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

You can also get with the Coach who sent you this newsletter for more info. Next challenge starting June 26!

Coaches are on hand for questions and counseling as well at each Nutrition Class.



These nutrition and weight loss events are the talk of the town and we want YOU to be our next challenger!

*Featured  
Products*



## New Mandarin Orange Aloe Concentrate!

A mandarin-tasting healthful beverage that aids digestion, natural, self-cleansing action of the body and internal organ integrity. Made from concentrated Aloe-Vera and Chamomile. Great for ulcers and other stomach problems and fights digestive inflammation.

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We have new clubs opening in 2017/18 and we're looking to build our teams now. Many locations available. Email us at [info@MidwestWellnessClub.com](mailto:info@MidwestWellnessClub.com) for more info



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