



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



Our Mission is Nutrition!

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

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Success Story of the Month - Change in mindset



From Couch Potato to Healthy Spud :)

I wanted to get moving. At 38, I suspected that my body could tolerate only so much more lethargy. My 80-year-old dad hikes in the Alps every summer. My 72-year-old mom swims a mile almost every day. They were in better shape than I was, and I was starting to wonder how I'd function at their age. I imagined myself leaning, gasping, over a supermarket cart after a stroll down the cereal aisle.

I thank God every day that I walked into an Herbalife Nutrition Club and met my Wellness Coach. Thank you! Thank you! Thank you!! If I can do this ANYONE can!



Weight Loss Challenge Update

Our *New Year, New You Challenge* is in Week 7 and going strong!

have an dedicated health!! We even one



The first 6 weeks are in the books and we have amazing race! We are watching a great group of 106 people lock arms to change their have several 10 and 15 lb losers already and closing in on 25 lbs lost!

Here's our leaderboard after just 5 weeks of weight loss:

Weight Loss Challenge Results



OF WEIGHT LOSS 5

	NAME	- %	- POUNDS
1.	SHANE M.	10.35	24.20
2.	LAUREN M.	8.81	19.60
3.	BRECK L.	7.90	16.4
4.	KIMBRE G.	7.77	17.4
5.	MICHELE S.	7.71	15.6
6.	JENNIFER E.	7.61	15.0
7.	VICTORIA H.	6.98	12.0
8.	MEREDITH S.	6.91	10.6
9.	MIKE G.	6.84	20.2
10.	SHELLY S.	6.37	12.4
11.	CHRISTINE E.	6.23	8.0
12.	KARA C.	5.97	12.2
13.	HEATHER L.	5.95	10.8
14.	JAMI C.	5.41	14.4

NEW YEAR, NEW YOU 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?

See more at www.MidwestWellnessClub.com/weight-loss-challenge

You can also get with the Coach who sent you this newsletter for more info. Next challenge starting April 3 - watch for details!

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!



what do you
have to lose?

A banner featuring a circular logo on the left with the text "WEIGHT LOSS CHALLENGE" and "What do you have to lose?". To the right of the logo, the text "what do you have to lose?" is written in a light blue, sans-serif font. The banner has a blue and white background with a wavy edge on the right side.

*Featured
Products*

A green rectangular box with the words "Featured Products" written in a white, cursive font.

Treat your kid to something good

Kindermins® is a fruit-flavored, **liquid multivitamin** that **contains 11 essential vitamins** infants and toddlers need to support their healthy growth and development.*

Fun Fact:

Besides being incredible for toddlers, Kindermins is incredible to drip back on a sore throat for grown ups



HERBALIFE
SPOT



Healthy Lifestyle Tips to
Reduce Body Fat and
Improve your Heart Health

Posted by Susan Bowerman, MS, RD, CSSD,
FAND – Director, Worldwide Nutrition, Herbalife

Colorful fruits and veggies should be

your go-to carbohydrates.

Here's why keeping your weight in check is so important for heart health, and how a heart-healthy diet can help you control your weight.

February is American Heart Month, which is why we're focusing this month on heart health. A "heart-healthy" diet can help you to achieve and maintain a healthy body weight. That's important, because carrying too much body fat—especially around your midsection—may increase your risk for heart disease.

Why Excess Body Fat Affects Heart Health

The larger and heavier you are, the harder your heart has to work. As you gain body fat, your body has to develop additional tiny blood vessels in order to supply oxygen and nutrients to the fat cells. But more blood vessels means an increased workload for your heart, because—in order for the blood to reach all of your cells—your heart has to work harder, and it takes more blood pressure, too.

Where you carry your fat also makes a difference. The fat that lies around the abdomen (often referred to as "belly fat") is different from the fat deposits you have in other parts of your body. An excess of body fat that collects around your midsection and internal organs is associated with an increased risk for heart disease—in part, because of influences on blood pressure and levels of fats in the bloodstream.

Carrying extra weight can also affect your heart health in another important yet less direct way. Many people complain that excess weight makes it difficult or uncomfortable to exercise—which, of course, is so important to heart health, weight management and overall health and well-being.

Diet and Lifestyle to Control Weight and Promote Heart Health **Enjoy a healthy, well-balanced diet.**

It's no secret that a healthy, well-balanced diet is important to good health. But it bears repeating that eating the right foods—and not eating too much—is key to weight management, which in turn helps promote heart health.

Low-fat proteins from a combination of plant and animal sources will help keep saturated fat intake down, while satisfying hunger at the same time. They're also going to be the lowest calorie choices, too. Plant-proteins are naturally cholesterol-free, and seafood provides heart-healthy omega-3 fatty acids known as EPA and DHA.

Colorful fruits and vegetables, and whole grains, should be your go-to carbohydrates. They're nutrient-rich, yet relatively low in calories, which makes them the best choices for meeting your carbohydrate needs. Their fiber and water content help to fill you up, and adequate intake of certain fibers—such as the soluble fiber found in foods like apples, oats and beans—are associated with lower levels of cholesterol in the blood, as long as you stick to a low-fat diet. And when you focus on these "good" carb sources, you'll wind up eating fewer foods that have a lot of sugar and refined carbs, which can rack up calories quickly.

Small amounts of healthy fats, such as a sprinkle of nuts, a drizzle of olive oil or a few slices of avocado, can boost flavor and nutrition in calorie-controlled meals. Using fats thoughtfully and sparingly will help you with calorie-control, since fats are more calorie-dense than either proteins or carbohydrates.

Exercise regularly.

Cardiovascular exercise—exercise that boosts your breathing and heart rate— promotes heart health in a number of ways. Like any other muscle, your heart responds positively to exercise, becoming more efficient at pumping blood and delivering oxygen to your tissues. You also burn calories while you exercise, which can help in your weight-loss efforts, as well as to maintain a healthy body weight. Regular exercise also helps keep blood pressure under control and is a great stress-reliever. Keeping both blood pressure and stress levels in check is important to the health of your heart.



Midwest Nutrition Newsletter

11964 W. 119th St.

Visit our website, [Click here.](#)

Overland Park, KS 66213

(913) 608-5192