



[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!**

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

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**Summer Drawing Winners!**

Congratulations to Ashli, Paxton and Lizz the WINNERS of the Lift Off energy drinks drawing for July 4th! Enjoy the energy ladies!



Congratulations ladies for being our top winners in our Summer drawing! Enjoy your incredible Lifftoff! Every purchase of a delicious daily membership at the club earns you a ticket in the holiday drawing - stay tuned for our next one!

## Club Update: New Coach Positions now available!

Very excited to announce that we will be hosting a new Herbalife Opportunity Meeting (HOM) in order to find our newest batch of coaches for training beginning in August. Who do YOU know who would like to earn extra money P/T around what they are already doing helping

people get healthy? Details below...

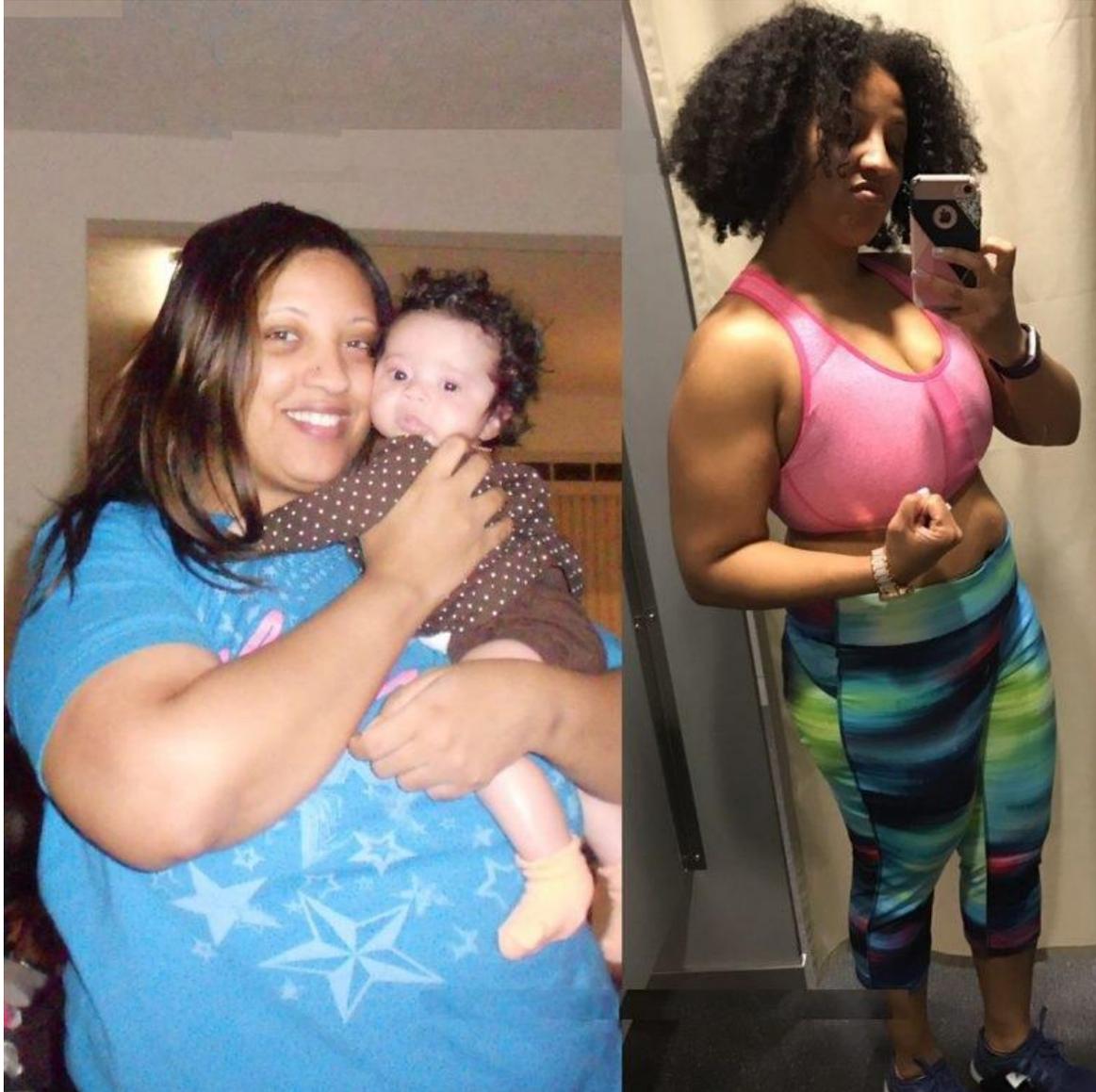


Live cross-country club webinar presentation being hosted at [Midwest Nutrition - KC Metro](#) on **Tues, July 25 at 6:30pm**. PLEASE ARRIVE 15 minutes early for check-in.

Coaches will be on hand after the presentation to answer any questions. All are welcome so bring a friend 🙌

Remember, for things to change, YOU must change! See you at the club 😊

## Success Story of the Month - Jessica May



Hi! I'm Jess and believe it or not, that's ME on the left. The photo was taken 2 months after having my baby girl. As any new mom, I remember having so many feelings and emotions, including "When and can I get my body back?" Sure, I gained baby weight, but I also remember using my pregnancy as an excuse to eat any and everything. I didn't exercise at all.

Fast forward to a year later, I was still weighed over 200 pounds and honestly felt like crap! I was ALWAYS tired and my back and knees always ached from the

excess weight I carried. On top of that, I still ate whatever I wanted because I had been doing that for so long. I hated having my picture taken because I did not like what I saw in the pictures. I struggled with depression and insecurity and all of the emotions of being a new mom, wife and working career woman. I knew I didn't like how I felt and I was so ready for a change.

In November, I weighed around 218 pounds at 5'2" tall. I officially started exercising and vowed to myself that I wouldn't quit. Boy, am I glad that THIS time I didn't give up. I initially started by walking for 30 minutes a day, three times a week. I gradually switched up my workouts to using the elliptical machine, weight training and light jogging... still just for 30 minutes a day.

I remember that so many people would tell me, "Keep going.", "Trust the process.", "#RomeWasntBuiltInADay" and so many other encouraging words. I must admit that at the time I didn't believe them, because it seemed that it was taking my body soooooo long to transform. Little did I know, everything was happening little by little. When I wanted to give up I remember telling myself that if I just keep going, I WILL see a change. I had to remind myself of why I started.

We are all busy and some may say "I don't have the time to work out," but you have to make time for what's important to you. My health and happiness finally took priority and I made a way out of no way to invest in myself. Why not? We can't enjoy anything else in life if we are not healthy. Yes, Health Is Wealth.



## Weight Loss Challenge Update

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

We are so excited for all of the 70+ people who have started on or continued their journey with us here in our current session. So inspiring to watch people commit to better health!

**Stay tuned for leaderboard pictures as we progress through the coming weeks! Next challenge starts Sept 18.**

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

## Summer Sizzler 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!*

# START YOUR TRANSFORMATION TODAY!



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

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

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*

**Collagen Skin Booster**



As we age, the production of collagen in our bodies diminishes resulting in the loss of firmness and elasticity, and the appearance of wrinkles.

[Herbalife® SKIN Collagen Beauty Booster](#) provides the nutrients to maintain youthful and radiant skin.

This dietary supplement available in Strawberry Lemonade flavor is formulated with Verisol®\* collagen which has been tested to show support of skin elasticity and the reduction of fine wrinkles.

This product is gluten-free and contains no artificial flavors or sweeteners.

Men and women can enjoy its benefits by mixing 2 scoops a day (1 serving) with water or by adding it to their favorite shake, tea or aloe.

