



THE WELLNESS PLAYBOOK

YOUR TRANSFORMATION GAME PLAN

WELCOME

Congratulations! Welcome to day one of your journey toward becoming the best version of yourself. This will, without a doubt, become the most fulfilling and rewarding experience of your life and I am honored that you have chosen me as your Health Coach. Included within your Wellness Playbook are all of the tools you will need to reach success. It contains the winning game plan.

I believe that knowledge is power. Knowing this, it is my intention to go beyond teaching you simply how to use products. Instead, I will be equipping you with simple yet effective tips, techniques, and valuable information on how to both live and sustain a healthy active lifestyle. We won't just be getting unbelievable results, we'll be maintaining them for a lifetime.

Michael Jordan once said "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." This may be your first time working toward your health goals or it may be one in a series of many. But if you follow your nutrition plan, add in consistency, and maintain the belief that you can achieve anything that you set your mind to, you too will succeed.

Whether you are looking to lose weight, gain lean muscle, have more energy, or take your general health to the next level, the recipe for success remains the same; 80% nutrition, 20% fitness, and 100% mindset. Contained within this guide you will receive information on how to master each of these ingredients! Just remember, this is your winning game plan. Games are won play by play, so let's take it one day at a time, celebrate each and every win, and continue taking steps toward the life you have always wanted. Are you ready? It's GAME TIME!

PLUG IN

Take Control Event Schedule

14127 Hawthorne Blvd, Hawthorne, CA 90250

Open Gym When Classes Are Not In Session

M

Rise & Grind
5:00 am

Legs & Abs
7:00 pm

Full Body
Intense Workout
8:00 pm

T

Rise & Grind
5:00 am

Rebuild Strength
(Weight Training)
9:00 am

Team Full Body
6:00 pm

Boxing
7:00 pm

W

Rise & Grind
5:00 am

Orientation
6:00 pm

TH

Rise & Grind
5:00 am

Rebuild Strength
(Weight Training)
9:00 am

Throw Down Thursday
Full Body
6:00 pm

Hip Hop Step Aerobics
8:00 pm

F

Rise & Grind
5:00 am

Dance Fitness
9:00 pm

S

MEGA FIT-CAMP
10:00 am

Take Control Orientation!

Wednesday 6:00 pm
ZOOM ID 671360798

HEALTHY ACTIVE LIFESTYLE



Eating well, exercising, and avoiding harmful substances are healthy habits that make sense, but have you ever thought about why you practice them? A healthy habit is any behavior that benefits your physical, mental, and emotional health. These habits make us feel good and improve our overall well-being.

Healthy habits take time to develop and often require changing your mindset. If you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability. Multiple benefits of a healthy lifestyle include...

Healthy Weight | Good Mental Health | Increased Energy | Injury PreventioN | Disease Prevention | Longer Life

Living a healthy lifestyle can be a challenge when you are faced with processed foods, lack of time for exercise and going out with friends. There are many options available for fast food and when combined with poor exercise choices they can negate other healthier lifestyle choices. Bad habits require effort to break, but once you adopt a healthier lifestyle you won't regret the decision. Healthy habits reduce the risk of certain diseases, improve your physical appearance and mental health, and give your energy level a much needed boost. You won't change your mindset and behavior overnight, but making the decision is step one. Ready for step two? Let's keep going...



Detoxification

Imagine this...You're a few days into your nutrition plan and you've completely changed your lifestyle. You're more active, drinking shakes and tea, taking your vitamins. But you feel lousy. In fact, you feel worse now than before.

What's the deal?

Get this! Think of your fat cells as tiny sponges. These sponges love to soak up everything they can and store it for later use. Vitamins? Yup! Fats? Yes! Hormones? Definitely! Random pollutants and toxins? Unfortunately. Throughout our lives we have a constant number of fat cells. They are never eliminated but instead grow and shrink in size. When you lose weight, your fat cells begin to shrink and as a result whatever was stored inside of them is released into the blood stream.

Pollutants are temporarily stored inside our fat cells to prevent them from circulating in our blood stream and having harmful effects on our organs. These pollutants come from our environment as well as from our food, particularly those on the dirty dozen list. Our bodies do not store enough of these pollutants to become toxic, but after constant build up, they begin to re-emerge upon weight loss. As we are burning fat, we are releasing toxins into our bodies. Don't worry, we are eventually eliminating them through natural detoxification processes, such as through our pee. As these toxins are now circulating through our bloodstream, awaiting the detox process of elimination, we begin to feel pretty lousy.

The problem is not the diet you go on, it's the speed at which your lifestyle has changed combined with the lack of understanding around what's going on. Your healthy active lifestyle is not causing you to be sick, though a lot of the symptoms would indicate this! What's happening is you have reduced your toxin load from the body (you're not following your old diet), while increasing activity and blood flow. When you begin your new lifestyle, all is well in the first few weeks, and then guess what happens? Your health slowly starts to improve, your incoming toxin load is reduced, so the body can start clearing out the toxins stored in body fat. These stored toxins are now released back into the body to be processed. But this triggers the same health problems as if the toxins have just been ingested. Of course this causes confusion and frustration for you, someone who has only just started their health crusade.

Those who are not aware of this process may eventually give up as they simply don't understand why they feel worse on their healthy diet than they did on their old junk food diet! If they knew this was happening maybe they would have continued on their journey. There may be times in the beginning stages that you feel yucky, but keep pressing forward. Trust the process!!



**YOUR
BEST DAY
EVER**

WHAT IS YOUR BEST DAY EVER?



LEAN & FIT

IDEAL PLAN FOR THOSE WHO WISH TO LOSE WEIGHT BY LOWERING THEIR BODY FAT PERCENTAGE. THIS INCLUDES PEOPLE WHO ARE LOOKING TO “TONE” AS INCREASED MUSCLE DEFINITION IS A RESULT OF LOWER BODY FAT.



GAINS

IDEAL PLAN FOR THOSE WHO WISH TO GAIN LEAN MUSCLE MASS AND INCREASE IN SIZE. NO DIRTY BULKING NECESSARY! STAY LEAN WHILE YOU GAIN AND MAINTAIN OPTIMUM HEALTH WITH A BALANCED DIET.

LEAN & FIT INSTRUCTIONS

- Eat Every 2-3 Hours -

1

SHAKE, TEA, TABS

Within 30 minutes of waking up

100% RDA of vitamins and minerals, up to 24 grams of protein, 200 calories

2

PROTEIN BASED SNACK

20-25 g protein. Burns fat, helps build lean muscle, keeps you feeling full

3

LUNCH

Eat a lean meal with tea & tabs OR a shake with tea & tabs

Lean Meal: 1/3 Vegetable, 1/3 Lean Protein, 1/3 Complex Carb

4

PROTEIN BASED SNACK

20-25 g protein

5

DINNER

Lean Meal OR shake with tabs (opposite of lunch)

*If you will be awake and active for more than 2 hours after dinner, you may eat an additional LEAN snack

GAINS INSTRUCTIONS

- Eat Every 2-3 Hours -

1

SHAKE, TEA, TABS + PROTEIN SNACK

Within 30 minutes of waking up

100% RDA of vitamins and minerals, up to 24 grams of protein, 200 calories

2

PROTEIN BASED SNACK

20-25 g protein. Burns fat, helps build lean muscle, keeps you feeling full

3

LUNCH SHAKE + MEAL

Eat a lean meal with tea & tabs OR a shake with tea & tabs

Lean Meal: 1/3 Vegetable, 1/3 Lean Protein, 1/3 Complex Carb

4

PROTEIN BASED SNACK

20-25 g protein

5

DINNER

Lean Meal OR shake with tabs (opposite of lunch)

*If you will be awake and active for more than 2 hours after dinner, you may eat an additional LEAN snack

S.T.T. LIKE A PRO SHAKE.

Option 1: 2 scoops Formula One, 2 scoops Protein Drink Mix, 8 fl oz water

[24 g pro, 200 cal]

Option 2: 2 scoops Formula One, 8 fl oz almond, soy, or nonfat milk

[17 g pro, 170 cal]

How to prepare:

Start by pouring 8 fl oz of water or milk into a shaker cup or blender. Add Formula One and Herbalife nutrition boosters (optional). Add 4-7 ice cubes. Blend or shake to mix well. For a thicker shake, blend at a low speed for a few minutes. For a thinner or on-the-go shake, use a shaker cup instead of a blender.

TEA & ALOE.

Tea: Mix 1/2 tsp of Herbal Tea Concentrate to 6-8 fl of hot or cold water

Aloe: Add 3 capfuls of Herbal Aloe Concentrate to your tea-water mixture, stir.

Notes:

Both your tea and aloe have suggested serving sizes listed above. However, you are free to increase these amounts if you desire. Please note, the darker the tea, the bigger the energy boost!

TABS.

Please refer to the instructions on the label of each tablet bottle. Some tablets are taken twice per day, three times per day, or as needed.

Tip: It is best to take tablets after or during a meal and not before.

SHAKE BENEFITS

THE BENEFITS OF MEAL REPLACEMENT SHAKES

There are plenty of reasons why meal replacement shakes are popular. They can provide you with balanced nutrition that can replace a meal, they're quick to make, and you can get creative and customize them with all kinds of add-ins. Those are all great reasons, but there are other ways that shakes can improve your diet and eating habits. Including shakes in your diet can also address many common obstacles to eating well, as well as help you achieve and maintain a healthy weight.

Meal Replacement Shakes Can Help you...

Count your calories accurately. Keeping track of your daily calorie intake is an important key to weight management. But it's not easy to do; most people underestimate their calorie intake by 20% or so. Part of what makes calorie counting difficult is that it requires you to accurately weigh and measure everything you eat. Plus, you need to account for all the little details, like how the food is prepared or what condiments you eat with it. The beauty of protein shakes is that they're usually made up of just a few ingredients that are easy to measure. That allows you to get an accurate calorie count of the finished shake.

Include more fruits and vegetables in your diet. Customizing your protein shake by adding fruits and vegetables allows for almost endless variety—and you can easily add a serving or two to your shake. To make this quick and convenient, keep a variety of frozen fruits on hand in your freezer. And try adding veggies such as fresh or frozen spinach, carrots, kale or winter squash to your shake.

Establish regular mealtimes. Many people have erratic eating patterns because they just don't make time to plan and prepare what they're going to eat. As a result, they may end up skipping meals or snacking more. There are few things that are easier to prepare than a protein shake. When you've got your protein powder, your liquid "mixer" and maybe some fruits or vegetables to add, you've got balanced nutrition in a glass in minutes—and no excuse for skipping meals.

Control portion size at meals. A protein shake is naturally portion-controlled, which can help you in a couple of ways. First, when you use your protein shake as a meal, your portion is defined for you. Having a protein shake at one meal might also help you control your portion size at your next meal, too. Also, if your shake is nutritionally balanced and provides protein and carbohydrates to keep you satisfied from one meal to the next, you won't be famished when you do sit down to eat. And that can make it much easier for you to control how much food you put on your plate.

Meet nutritional needs. No matter how careful you are with your food choices, it isn't always easy to make sure you get all the nutrients your body needs every day. A protein shake made with milk or soy milk and the addition of a fruit or vegetable can help you meet your needs for several nutrients, including protein, calcium, vitamin D and fiber. And many protein shake mixes have vitamins and minerals added, which boosts nutrition even more.

Eat better, even on the run. When you're on the run and hunger strikes, you might be tempted to dart into your local fast food place for quick satisfaction. But it can be challenging to find a healthy, balanced meal when you're on the go. If you let yourself get too hungry, you'll probably just grab the first thing you can—which may not be the healthiest thing. The fact that protein shakes are portable is a huge plus. Once your shake is blended, it's ready to go.



80%
NUTRITION

MEAL BUILDER MADE EASY



With the right support, eating well every day can be as easy as **1, 2, 3, 4, 5!** Simply follow our step-by-step meal builder to make healthy, balanced eating a breeze.

25g PROTEIN
400 CALORIES

40g PROTEIN
600 CALORIES

P
PROTEIN

STEP 1 - START WITH PROTEIN



CHICKEN OR TURKEY



FISH



LEAN BEEF



SHELLFISH



PORK OR LAMB (LOIN)

3 OUNCES,
COOKED

5 OUNCES,
COOKED

V
VEGETABLES

STEP 2 - ADD VEGETABLES



COOKED VEGETABLES, VEGETABLE SOUP, TOMATO SAUCE (1 CUP)

CHOOSE 1

CHOOSE 2



RAW VEGETABLES

ANY
AMOUNT

ANY
AMOUNT

C
CARBOHYDRATES

STEP 3 - ADD HEALTHY CARBOHYDRATES



100% WHOLE GRAIN BREAD OR CRACKERS
1 SLICE; 1/2 PITA BREAD;
1/2 ENGLISH MUFFINS;
4 MEDIUM CRACKERS



TORTILLAS
2 CORN;
1 MEDIUM-SIZED FLOUR (WHOLE GRAIN)



BEANS, PEAS, CORN OR LENTILS
1/2 CUP, COOKED



POTATO (WHITE OR SWEET)
1/2 MEDIUM



PASTA, QUINOA, MILLET, BARLEY, BULGUR, RICE (BROWN OR WILD)
1/2 CUP, COOKED



FRUIT
MEDIUM-SIZED OR 1 CUP CHOPPED

CHOOSE 1

CHOOSE 2

F
FAT

STEP 4 - ADD SOME HEALTHY FAT FOR FLAVOR



OLIVE OIL
1 TBSP



NUTS
1 OUNCE



HUMMUS, LOW-FAT SALAD DRESSING, MAYONNAISE, SOUR CREAM, VINAIGRETTE
2 TBSP



AVOCADO
1/2 SMALL



PARMESAN OR LOW-FAT FETA CHEESE
2 TBSP



SEEDS OR NUT BUTTER
1 TBSP

CHOOSE 1

CHOOSE 1

STEP 5 - SEASON IT UP!



HERBS & SPICES



LEMON



GARLIC



VINEGAR



SALSA & HOT SAUCE



MUSTARD

ANY
AMOUNT

ANY
AMOUNT

MEAL BUILDER MADE EASY



VEGETARIAN EDITION

With the right support, eating well every day can be as easy as **1, 2, 3, 4, 5!** Simply follow our step-by-step meal builder to make healthy, balanced eating a breeze.



25g PROTEIN
400 CALORIES

40g PROTEIN
600 CALORIES



STEP 1 - START WITH PROTEIN



GREEK-STYLE YOGURT (NON-FAT OR LOW-FAT)
1/2 CUP



EGGS
1 WHOLE



COTTAGE CHEESE; RICOTTA (NON-FAT OR LOW-FAT)
1/2 CUP



BEANS, LENTILS OR SOY BEANS
1/2 CUP, COOKED



TOFU
3 1/2 OUNCES (1/4 BLOCK)



TEMPEH OR SEITAN
2 OUNCES

CHOOSE 2

CHOOSE 3



STEP 2 - ADD VEGETABLES



COOKED VEGETABLES, VEGETABLE SOUP, TOMATO SAUCE (1 CUP)

CHOOSE 1

CHOOSE 2



RAW VEGETABLES

ANY AMOUNT

ANY AMOUNT



STEP 3 - ADD HEALTHY CARBOHYDRATES



100% WHOLE GRAIN BREAD OR CRACKERS
1 SLICE; 1/2 PITA BREAD;
1/2 ENGLISH MUFFINS;
4 MEDIUM CRACKERS



TORTILLAS
2 CORN;
1 MEDIUM-SIZED FLOUR (WHOLE GRAIN)



BEANS, PEAS, CORN OR LENTILS
1/2 CUP, COOKED



POTATO (WHITE OR SWEET)
1/2 MEDIUM



PASTA, QUINOA, MILLET, BARLEY, BULGUR, RICE (BROWN OR WILD)
1/2 CUP, COOKED



FRUIT
MEDIUM-SIZED OR 1 CUP CHOPPED

CHOOSE 1

CHOOSE 2



STEP 4 - ADD SOME HEALTHY FAT FOR FLAVOR



OLIVE OIL
1 TBSP



NUTS
1 OUNCE



HUMMUS, LOW-FAT SALAD DRESSING, MAYONNAISE, SOUR CREAM, VINAIGRETTE
2 TBSP



AVOCADO
1/2 SMALL



PARMESAN OR LOW-FAT FETA CHEESE
2 TBSP



SEEDS OR NUT BUTTER
1 TBSP

CHOOSE 1

CHOOSE 1

STEP 5 - SEASON IT UP!



HERBS & SPICES



LEMON



GARLIC



VINEGAR



SALSA & HOT SAUCE



MUSTARD

ANY AMOUNT

ANY AMOUNT

TOP VEGETARIAN PROTEIN SOURCES



Greek Yogurt

23 grams of protein per cup



Lentils

4 grams of protein per 1/4 cup (cooked)



Beans

(chickpeas, black beans, etc.) 4 grams of protein per 1/4 cup



Cottage Cheese

14 grams of protein per 1/2 cup



Hemp Seeds

4 grams of protein per 1 tablespoon



Chia Seeds

3 grams of protein per 1 tablespoon



Edamame

5 grams of protein per 1/4 cup (shelled)



Green Peas

8 grams of protein per cup



Quinoa

8 grams of protein per cup (cooked)



Peanut Butter

3.5 grams of protein per 1 tablespoon



Almonds

3 grams per 1/2 ounce



Eggs

6 grams of protein per large egg

game

CHANGERS



PROLESSA DUO

Support your weight-loss program with this dual-action formula that helps control hunger and reduce fat. Add Prolessa Duo one time per day to your morning or afternoon Formula 1 shake, whenever snacking or overeating may be a challenge. Choose from our 7-Day Program or 30-Day Program options.



BEAUTY BOOSTER

Promote your skin's health from within for visibly younger looking skin. This supplement is available in Strawberry Lemonade flavor. It is formulated with Verisol®* collagen to support skin elasticity and reduce wrinkles.



BEVERAGE MIX

Enjoy an energy burst in two fruity flavors with this delicious and nutritious protein snack that helps satisfy hunger cravings between meals.



PROTEIN ICED COFFEE

Get a delicious, refreshing pick-me-up to help keep you going throughout your day with this tasty blend of real coffee and whey protein. Without as much sugar found in many flavored coffeehouse drinks, High Protein Iced Coffee is an ice-cold, nutritious snack to refresh any moment of the day.



ACTIVE FIBER

Minimize bloating and promote regularity in your digestive system by adding Active Fiber Complex to your daily routine. This gluten-free fiber product is delicious on its own or when added to your favorite shake, tea or aloe.



SIMPLY PROBIOTIC

Simply Probiotic is a daily, science-backed probiotic that provides 1 billion active probiotic cultures, which promote digestive health. It is formulated with a powerful GanedenBC30®* strain that survives the gastric journey to get to where it counts, helping you feel your best every day.

Water & Weight Loss



We all know that water is essential to our health. Go 4 to 7 days without it and life would cease to exist. It helps to maintain the balance of our bodily fluids, maintain normal bowel function, energize our muscles, keep skin healthy and vibrant, allows for the detoxification of harmful substances, and much more. But what is the connection between water and weight loss?

BURN FAT

Without water, the body cannot properly metabolize stored fat or carbohydrates. The process of metabolizing fat is called lipolysis. The first step of this process is hydrolysis, which occurs when water molecules interact with triglycerides (fats) to create glycerol and fatty acids. Drinking enough water is essential for burning off fat from food and drink, as well as stored fat.

REMOVE WASTE

When the body is dehydrated, it cannot correctly remove waste as urine or feces. It helps the kidneys to filter toxins and waste while retaining essential nutrients and electrolytes. When waste builds up in the body, people may feel bloated, swollen, and tired. Bloating can add inches to a person's waist which may add a few extra pounds.

IMPROVE PERFORMANCE

One of the most important components of any weight loss plan is exercise. Water helps muscles, connective tissues, and joints to move correctly. It also helps the lungs, heart, and other organs to work effectively as they ramp up activity during exercise. Being hydrated reduces the risk of things that can get in the way of a good workout, such as muscle cramps and fatigue.

APPETITE SUPPRESSANT

When the stomach senses that it is full, it sends signals to the brain to stop eating. Water can help to take up space in the stomach, leading to a feeling of fullness and reducing hunger. A person may also think that they are hungry when they are actually thirsty. Drinking a glass of water before reaching for something to eat can help to curb unnecessary snacking.

The water in your Herbalife shakes and tea counts toward your daily intake! Following your nutrition plan is an ideal way to contribute to your goals, whether weight loss or gain, as well as your hydration! Try drinking a glass of water with each meal and snack to ensure you are getting a sufficient amount. Your body will thank you in the form of some amazing results!

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20%
FITNESS

WHY BUILDING LEAN MASS IS IMPORTANT FOR EVERYONE

Even For You!

Combats Obesity

Lean Mass is associated with your Basal Metabolic Rate (BMR) – the amount of calories you burn at rest. The greater amount of LBM you have, the greater your BMR will be. This means that people with greater amounts of Lean Body Mass will have a greater energy expenditure while doing nothing, helping to avoid calorie imbalances, and ultimately, obesity.

Helps You Battle Disease

Lean Mass can act as protein reserves that your body can draw from when the immune system is triggered. If you have built sufficient Lean Muscle Mass through diet and exercise, your body will have a much easier time fighting off infection because it will have enough protein in reserve to power the demands caused by the immune system.

Contributes To Strong Bones

Because Lean Body Mass is made up of multiple components that cannot be readily increased, such as the weight of body water and internal organs, increasing skeletal muscle mass is the primary means of increasing Lean Body Mass. This, in turn, builds up greater bone strength and density. In order to protect against thin and weak bones, maintaining and developing sufficient skeletal muscle mass is key.

Protect Against & Potentially Reverses Insulin Resistance

Lean Mass is associated with your Basal Metabolic Rate (BMR) – the amount of calories you burn at rest. The greater amount of LBM you have, the greater your BMR will be. This means that people with greater amounts of Lean Body Mass will have a greater energy expenditure while doing nothing, helping to avoid calorie imbalances, and ultimately, obesity.

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HERBALIFE 24

IS THE 24 LINE FOR ME?

There seems to be a misconception that sports nutrition is only for elite athletes. Granted, elite athletes train hard and their nutritional demands are very high, but sports nutrition is based on a solid general nutrition foundation which can be applied to anyone: young, old, athletic or sedentary. It's important to remember that you can turn almost any ordinary task into your daily workout.

General nutrition calls for:

- Consuming a certain number of calories in order to sustain vital bodily functions, which is determined by the person's unique physical makeup and his/her nutritional and fitness goals
- Ensuring calories are composed of the right amount of macronutrients; protein, carbohydrates, and fats.
- Ensuring proper hydration. This is crucial in order for the body to function properly. Of course, during any strenuous activity, you'll need to replenish the additional fluids lost. Adding electrolytes to your diet



HERBALIFE 24 PRODUCT LINE



REBUILD STRENGTH | Best tasting way to rebuild!

Delicious post-recovery protein shake formulated sustain amino acid delivery, rebuild lean muscle, and support immune function. After working out, a blend of free amino acids, whey and casein proteins help rebuild muscle over a multi-hour period.

- 24g whey and casein proteins create a rapid and sustained protein-building state
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery
- Iron essential for red blood cell protection
- Branched-Chain amino acids (BCAA's) support muscle growth



FORMULA 1 SPORT | Quality performance starts with reliable nutrition!

A foundation for performance, this meal replacement shake is designed to sustain energy, support immune function, and maintain muscle mass. Taken any time during the day, this healthy meal is specifically formulated for athlete's daily dietary needs.

- Milk protein supports lean muscle mass
- Carbohydrate blend provides immediate and sustained energy
- L-Glutamine supports muscle growth and immune function



PREPARE | Compelling performance requires preparation!

Take prior to activity and training sessions to boost nitric oxide production and support blood flow to working muscles. The addition of creatine supplements your body's natural-occurring levels, helping to support fast-twitch muscle contraction required for explosive muscular movement.

- L-Arginine and L-citrulline support blood flow
- Creatine supports fast-twitch muscle contraction

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HERBALIFE 24 PRODUCT LINE



CR7 DRIVE | Rapidly Fuel Your Workouts and Enhance Hydration!

In partnership with Cristiano Ronaldo, Herbalife24 has developed a new sports drink to rapidly fuel your workouts and enhance hydration. With natural flavors and colors, #CR7Drive is a modern sports drink, light tasting and formulated to fuel the drive in all of us.

- Enhances hydration with 320 mg of vital electrolytes lost during exercise
- Brain-fueling glucose promotes quick and accurate game-time decision-making
- Easy-to-digest carbohydrate blend helps fuel muscles and sustain energy levels
- Lightly flavored with no artificial flavors or sweeteners



ACHIEVE BARS | High grade on-the-go protein

Whenever you need long lasting protein-packed energy, achieve is there to fuel your active lifestyle.

- 20 g of Whey and Milk Protein Isolate supports lean muscle growth
- Provides nutrition for all day energy
- Made with fiber from tapioca, cashews, coconut oil, and dark chocolate
- Whole food derived ingredients
- Long lasting energy



RESTORE | Helps combat exercise induced inflammation

Reduce inflammation associated with exercise and physical activity with this special tablet formulated to support the body's natural responses.

- Helps activate the body's own protective cellular machinery to combat exercise-induced inflammation
- Elderberry and Saberry™† from amla fruit extracts, and Vitamin E scavenge free radicals
- Vitamin C and beta-carotene support immune function
- Antioxidant protection

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**NEW
LEVEL 10**

5 TIPS FOR SUCCESS

Healthy sleep. This is imperative. There are two hormones in the body called ghrelin and leptin. Ghrelin tells your brain that it's time to eat. When you are sleep deprived, your body produces more ghrelin (yikes!). Leptin tells your brain when to put the fork down, signaling a feeling of fullness. When you're sleep deprived leptin levels plummet, signaling your brain to eat more (double yikes!). In addition, lack of sleep causes a cortisol spike in the body. This hormone signals your body to conserve energy for fuel during your waking hours, meaning that your body will now hold onto extra energy, storing it in case it needs it later. Getting good sleep won't cause you to lose weight, but instead, a lack of sleep disrupts your metabolism which contributes to weight gain.

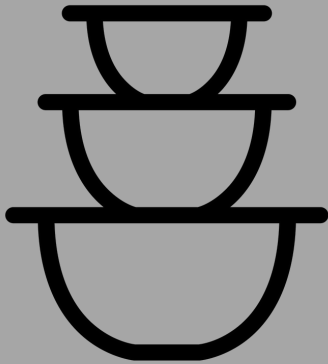
Drink water. A good rule of thumb for water intake is to drink at least half of your weight in oz of water. For example, if you are 150 lbs, you would drink a minimum of 75 oz of water but may drink up to 150 oz. If you are not used to drinking adequate amounts of water, at first you will pee a lot! This just means your body isn't absorbing all of the water you intake, but is instead flushing it out. Once your body adapts to your new drinking habits, it will absorb more and more and you won't be running to the bathroom every 5 minutes. Water aids in digestion which is great! But, it also aids your metabolism. Water is involved in every cellular function in your entire body. Your metabolism is basically a series of cellular actions and the slightest hint of dehydration slows the cells down, which slows the metabolic process down. The slower your metabolism, the less calories burned.

Eat every 2-3 hours. A.K.A. Nutrient Timing! Nutrient timing keeps you feeling satisfied throughout the day, your blood sugar level, and keeps your metabolism burning like a furnace. After 2 hours your metabolism starts to slow a little, and then after 3 hours, it slows down even more and continues to slow. When we eat, our metabolism is jumpstarted again. Breakfast got its name because it stands for "Break" the "Fast." When we go to sleep at night, our body goes into a fasting mode and our metabolism slows down to a very slow rate so that we can utilize the nutrition that we consumed that day for needed repairs and synthesis of new cells. Whatever is left over and not utilized in these processes is stored in the body for later use, such as glycogen or fat, or excreted in feces or urine. This is why it's not advised to eat right before bed; our metabolism slows at this time and you run the risk of storing more food as fat. When we wake up in the morning, our metabolism doesn't start to really burn until we eat. So we eat food to "break" the "fast" and jumpstart the metabolism. When we wait until 12-1 pm to eat, that's hours and hours we could have been burning calories that we skipped out on (Not Good!) We want to take advantage of as many calorie burning hours as we can get!

Eat clean, not processed. The benefits of eating clean are fairly obvious. There is so much processed food available and full of chemicals that are damaging to our insides and overall health. My best advice is to eat fresh whole foods as much as possible; lean fresh meats, vegetables, fruits, beans, grains, etc. Avoid processed food as often as possible as it contains extremely high amounts of sodium. Sodium is actually something that our body needs to function properly, however, in excess amounts it can be very detrimental to your health and causes the body to retain excess water weight. The extra water is stored in our fat cells, this is what cellulite is. Our body also stores toxins inside that excess water which can lead to further health issues.

Exercise. There are so many benefits to exercise and it will be very beneficial in jumpstarting weight loss! It helps to burn calories, build lean muscle, and even gives you lasting and noticeable increases in energy. The more lean muscle we have in our body, the more calories we naturally burn throughout the day. It is also great for cardiovascular health. A healthy heart helps our entire body perform at it's best!

HELPFUL TOOLS



Tupperware



Water Bottle



Lunch Box



Scale



Gym Bag



Journal



Shaker Cup



Tablet Box

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HERBALIFE SKIN

*Beautiful, healthier,
younger-looking skin!*

FORMULA

Enhance the appearance of your skin with our optimum blend of Vitamin B3, antioxidant Vitamins C and E, Aloe Vera and other botanical ingredients. Herbalife SKIN is paraben-free, sulfate-free and dermatologist tested.

FEEL

Pamper yourself with lush textures; soothe yourself with silky soft lathers. Be inspired by radiant essential oils and fresh, rejuvenating fragrances. Surprise yourself each day – and all day –* with experiences as illuminating as they are luxurious.

FAST RESULTS

Our clinically-tested products help you achieve maximum daily results including softer, smoother, more radiant skin and long-term benefits of a diminished appearance of fine lines and wrinkles.



Learn More About
Herbalife Skin **HERE.**

NEXT LEVEL RESULTS



Request A Full Catalog in Your Next Order
or Review Online at my GoHerbalife Site!

It is well known that herbalife is the go to for weight loss, weight gain, and increasing your energy. But, we didn't become the #1 nutrition company in the world by stopping there!

Herbalife focuses on total and cellular nutrition including the heart, bones, joints, digestive system, and much more. In addition to your nutrition plan, review the below areas and evaluate potential areas of need. If you are looking to take your nutrition beyond simply losing or gaining, let's review beneficial products to target specific areas of your health.



HEART HEALTH
MEN'S HEALTH
WOMEN'S HEALTH
SKIN, HAIR, NAILS
IMMUNE SUPPORT
DIGESTIVE HEALTH
SLEEP AND RELAXATION
BONE, JOINT AND EYE HEALTH

On A Mission For Nutrition. Since 1980

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100%
MINDSET

PERSONAL

Development

Physical transformation often takes an overhaul of your lifestyle habits, coping mechanisms, and daily rituals. When you revamp everything in hopes of living your best, healthiest life, things are bound to get emotional and stressful.

You may find yourself moving in and out of these stages many times. This is normal. You can expect to fluctuate between moments of motivation and considering giving up your new lifestyle. Crossing these hurdles means you'll be on course to reach your goals. With that in mind, take time each day to develop personally through the use of books, videos, and mindfulness exercises. Over time you will have equipped yourself with an arsenal of tools to pull you out of the worst days and moments of doubt. Here are some books to get you started, categorized by area of focus.

belief

The Power
The Secret
The One Thing
The Power of Now
The Power of Purpose

finance

Unshakeable
Rich Dad Poor Dad
Think and Grow Rich
The Richest Man in Babylon

focus

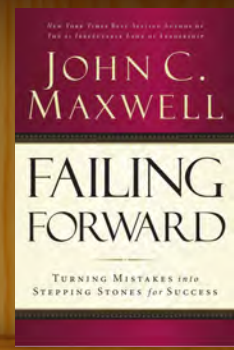
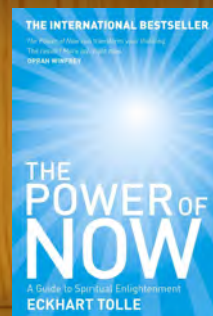
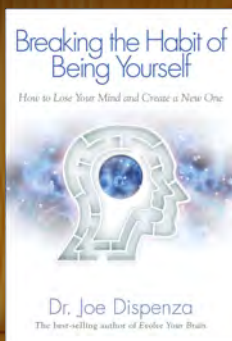
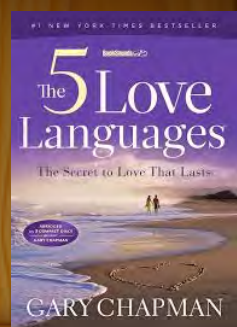
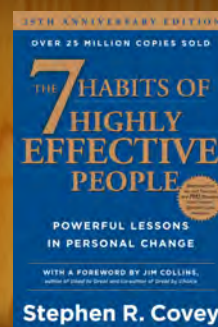
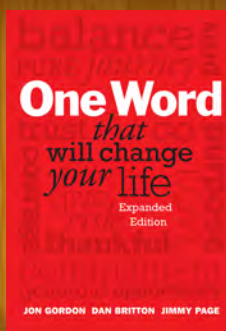
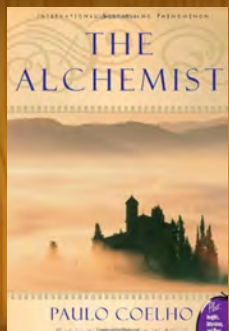
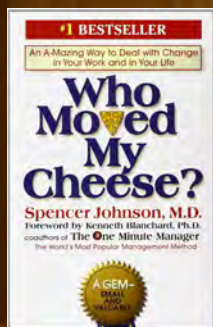
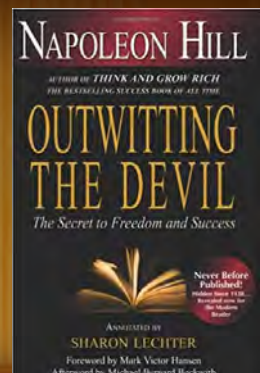
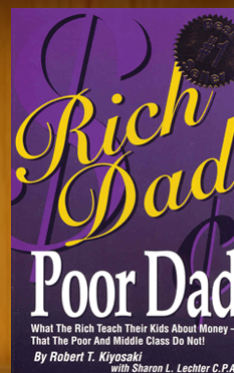
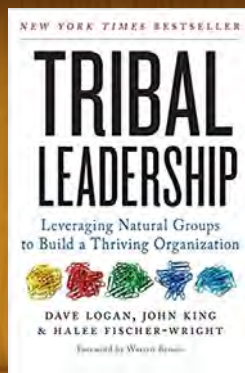
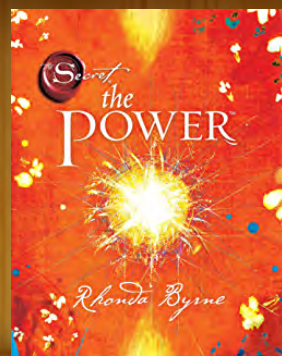
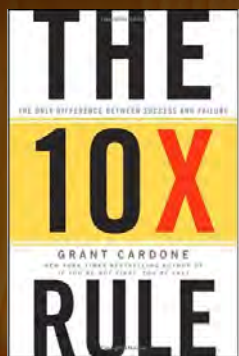
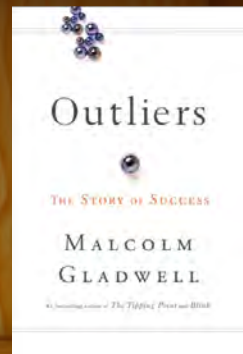
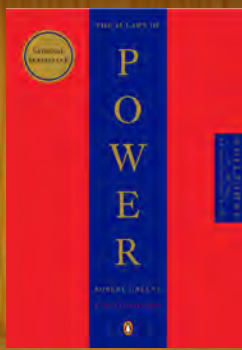
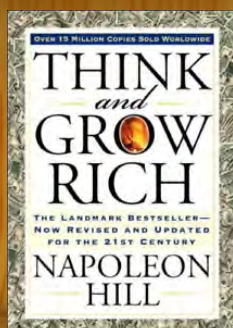
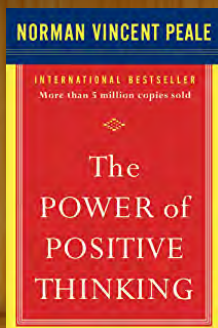
The 10x Rule
5 Second Rule
Make your Bed
Outwitting the Devil
The Miracle Morning
The Secret To Success - ET
If You're Not First You're Last
7 Habits of Highly Effective People

leadership

O Great one
Tribal Leadership
5 Love Languages
The Four Agreements
360 Degree Leadership

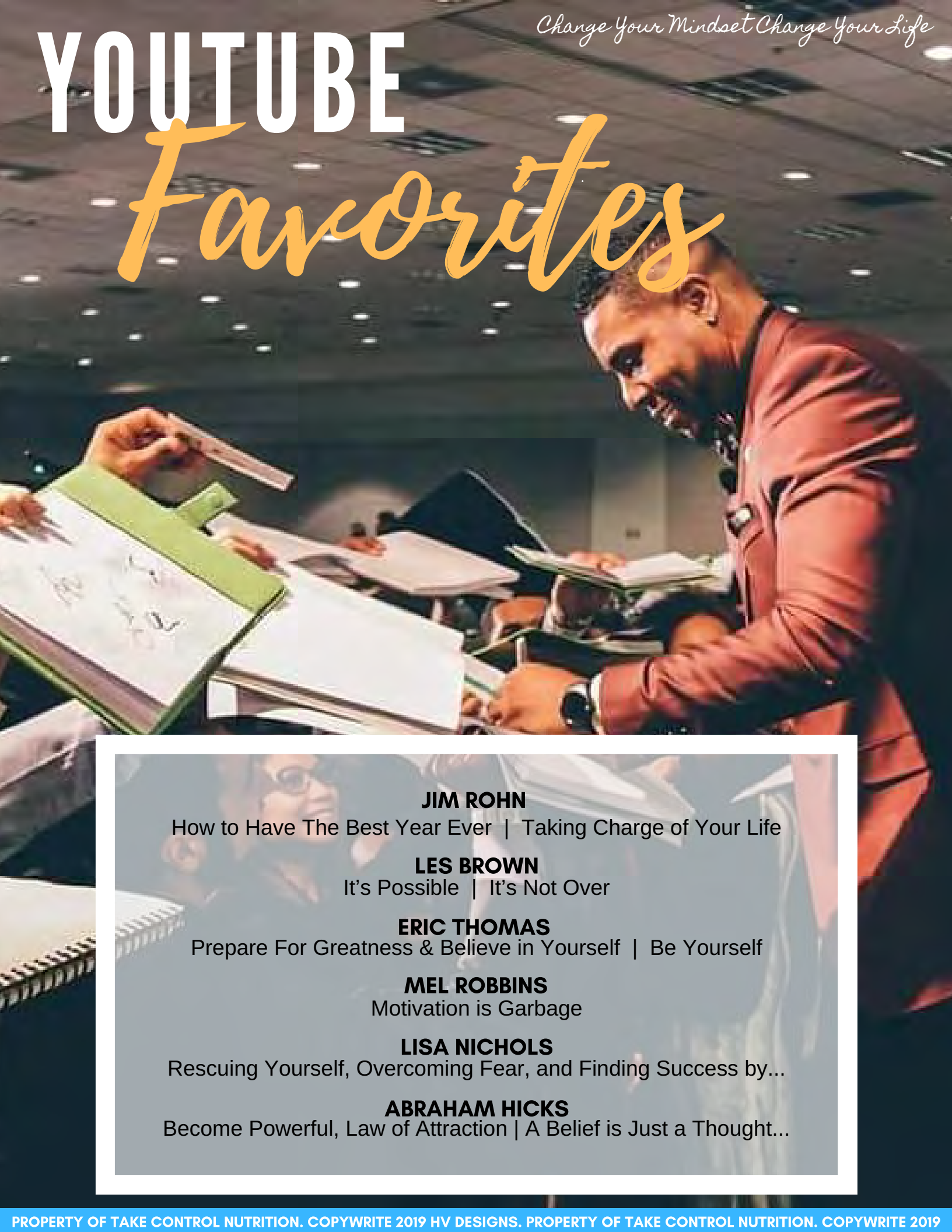
choose a book off our shelf





YOUTUBE

Favorites



JIM ROHN

How to Have The Best Year Ever | Taking Charge of Your Life

LES BROWN

It's Possible | It's Not Over

ERIC THOMAS

Prepare For Greatness & Believe in Yourself | Be Yourself

MEL ROBBINS

Motivation is Garbage

LISA NICHOLS

Rescuing Yourself, Overcoming Fear, and Finding Success by...

ABRAHAM HICKS

Become Powerful, Law of Attraction | A Belief is Just a Thought...

RESULTS

RESULTS STORIES

Corey

Before joining this incredible company, I merely survived life on a day to day basis. I continually struggled with balancing my time between family and work. As a father and husband, I found myself frustrated with the limited amount of time I had to spend with my children and wife. On the outside I appeared to be in control and content with the way my life was headed. However, on the inside I was unfulfilled not only with stresses of my life, but with my appearance and overall health. My turning point occurred one night while watching television with my wife. I was searching for the remote control and couldn't find it anywhere. I finally decided to get out of bed to change the channel and when I arose to my feet the remote fell to the ground. It was stuck in between my stomach and lap the entire time and at that moment I knew within myself I had to make a change.

A few weeks later my friends encouraged me to join them in a weight loss challenge and being the competitive person I am, I accepted their invitation. Not only did I plan on having the best health results, I wanted to win the prize money! So I dedicated myself to working out and improving my nutrition by swapping out burritos, tacos, cheese burgers with fries, for salmon, grilled vegetables and fresh fruits. I decided to search for additional supplements that would help me accomplish my goals at a faster rate and came across Herbalife. I had no prior knowledge of the products, however, after reading the testimonies of others and overall reviews, I decided to purchase the Formula1, protein and tea. Literally within one week my results and energy doubled. The pounds fell off my body, I was able to out-perform my friends during workouts and at the age of 38 I completely transformed my body and life and won the challenge! Little did I know that this event would mark the beginning of my life-long love affair with Herbalife products and the company in general.

Shortly thereafter, a close friend of mine approached me about becoming a distributor for Herbalife. He invited me to a local nutrition club to hear about the business opportunity and I fell in love with our incredible marketing plan. As an entrepreneur, I immediately recognized the financial potential and committed myself to becoming a health and life-style coach on the spot. Since that day I have been advocating for the health of my entire family and community. I'm honored that I have the privilege and opportunity to transform the lives of others each and every day. I wake up with burning desire to impact the lives of families. I want others to experience the joy I now have with my own family. My children join me in my workouts and as a family unit we take our shakes and supplements together...



Before

after

RESULTS STORIES

Kristie

My name is Kristie Romero, I am a 30 year old mother of beautiful twin daughters and my passion is to be of service to the world while raising awareness of nutrition and fitness globally. I have been apart of this amazing community for 3 years going on a lifetime. Before Herbalife, I was that desperate girl that tried every weightloss diet, companies, supplements, teas and starvation just to lose weight, gain energy, lose my mom pouch, burn fat and gain some energy. I battled with my weight as a young child but most of all I battled with self-love and self acceptance. At the age of 27 Herbalife found me. I was introduced to an amazing diverse community that embraced me, motivated me, encouraged me and introduced me to nutrition products that completely changed my life. Being super excited to start my nutrition program, I lost 6lbs my first 7 days and it BLEW MY MIND! I stayed on to be consistent for a full 90 days and I lost a total of 40 lbs, lost 16% body fat, gained 18 lbs of lean muscle, went from a size "barely" 15 to a comfortable size 7/8. My energy is through the roof and most importantly I learned to love myself in the process.

I realized love couldn't be purchased, it came from within. SELF-confidence, SELF-control, SELF-discipline, SELF-acceptance are all direct reflections of SELF and how we choose to LOVE and take care of ourselves. This amazing community picked me up and helped guide me to live in my purpose and inspired me to be the best version of myself. My confidence and self-love is at an all time high and I am grateful I have the opportunity to pay it forward by being the change I want in the world, help as many people be healthier and happier and be of service!



RESULTS STORIES

Ken

Before Herbalife I was a poor student, with very bad eating and financial habits. When I first was introduced to the products, in my home country Costa Rica, I was skeptical to be honest. But then I saw my sister's and my mom's results and that gave me the confidence to try both the products and the business opportunity. It has been an amazing journey. I lost 30 lbs of fat, gained 15 lbs of lean muscle and I feel amazing. On the business side I started part time. Once I attended a Success Training Seminar I decided to go full time and earned my way to a 6 figure income. If I can do it, any body can do it!



Delesia

Hello! My name is Delesia Hill and I started my Herbalife Nutrition Plan because I saw how fat I had become in my face, and did not want to get any bigger. I then found out that I have Obstructive Sleep Apnea. My want quickly turned into my need to loose weight. I met my health coach at a nutrition club who did a wellness evaluation on me, explained where I am and how he can get me to where I need to be. Right then and there I purchased an Ultimate Program and within 2 months I lost 40 pounds and gained 5 pounds of lean muscle. My Energy is through the roof and I no longer wake myself up gasping for air. I couldn't believe that this stuff actually works!



RESULTS STORIES

Taina

My name is Taina Anthony. I am a mother of 4 kids and a wife. I have been part of this amazing community for 6 years. Before Herbalife I was overweight and feeling yucky with myself. I tried losing weight on my own and was frustrated because I was killing myself in the gym and wasting money on all kinds of weight loss infomercial products. I just wanted to be healthy and feel good inside. I was invited to a workout and fell in love with the community. I had a cookies & cream smoothie and it was delicious!! I immediately jump started my 30 day program and dropped 16 pounds in my first month. I was amazed and kept going, which led to dropping 42 pounds in 90 days and 77 pounds in 12 months. I also dropped 10 inches around my waist and my energy shot up. I was a happier mother, wife, sister, daughter and friend. I was sharing with everyone around me and people were asking me how was I dropping weight; I accidently started earning an extra \$750-\$1,000 a month around my full time corporate job as a Controller in Accounting. I decided to take on the business full time and starting building a team who were earning extra income around their busy schedule. I am now a stay at home mother!! I get to pick up and drop off my kids from school every single day. The herbalife opportunity has completely changed my life for the better!!! I now want to pay it forward by helpings other with the same opportunity whether it is to earn extra income or get a health result!!!



RESULTS STORIES

Darnell

Before starting Herbalife in July of 2003 I knew a lot about nutrition and fitness due to the fact that I was training to be an all natural bodybuilder. So when a friend of mine decided to look into doing this as a business I immediately dismissed it feeling it will never work. I thought how can you get real results on just drinking shakes and powder all the time? So to save her the embarrassment in trying to sell this stuff I chose to be her 1st client. To my surprise after 5 weeks I accidentally dropped 5% body fat, turned my 4 pack into an 8 pack while putting on 7 pounds of lean muscle and two months later my doctor canceled my knee replacement. She said she has never seen my joints this strong before and if I keep doing what I'm doing I will not need to have my knee replaced. I'm not saying that Herbalife heals anything however it's amazing what happens for us when we give our body the tools it needs to take care of itself.

Initially I was not super optimistic about the business opportunity due to circumstances in my life & low self esteem. But doing this as a hobby I still was making an extra \$60-\$600 per month and when a friend of mine in 2011 opened a nutrition club next to a gym he asked me to come share my fitness results story. He later asked me why am I struggling to make money as a massage therapist when I have helped so many people get amazing results with Herbalife. I decided to be open with him and shared some of my fears and my personal insecurities on why I thought I couldn't do well in this business. His response was "that's why you need to do this business", he said "let me coach you". I decided to give it 1 year. Six months later I was making \$2500 a month and was a fully qualified Global Expansion Team member. A year later I was making over \$4000 per month and by my 18th month in the business I had made \$12,500 in one month. I'm super excited for what the future holds for me and my family with this opportunity.



RESULTS STORIES

Roslyn

Hello my name is Roslyn and I've tried many "diets" in the past and almost always failed because they were just "diets". With Herbalife it required a lifestyle and mindset change. The focus from my coach hasn't been about losing weight, but about being healthy! With my focus being about better health it's made a huge difference with my journey. Have I made mistakes and fallen off-track? Absolutely! However, my coach has had my back at every step, reminding and encouraging me to get back at it and stay focused. The struggle is real but I have an awesome community always there to help and encourage.



Your Name Here!

What will your story be? We're saving this space just for you, for your transformation. The fact that you are here right now, reading this book is a testament to your dedication to a healthier and happier you, the best you. You're headed in the right direction, keep going and we'll be here to support you at every step!



**PRINT
ME**



Starting Weight _____

Goal Weight _____

Reward 1 _____

Reward 2 _____

Reward 3 _____

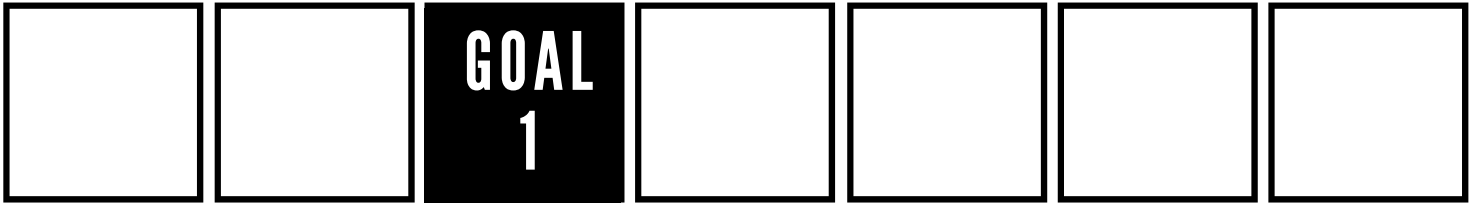
Reward 4 _____

Reward 5 _____

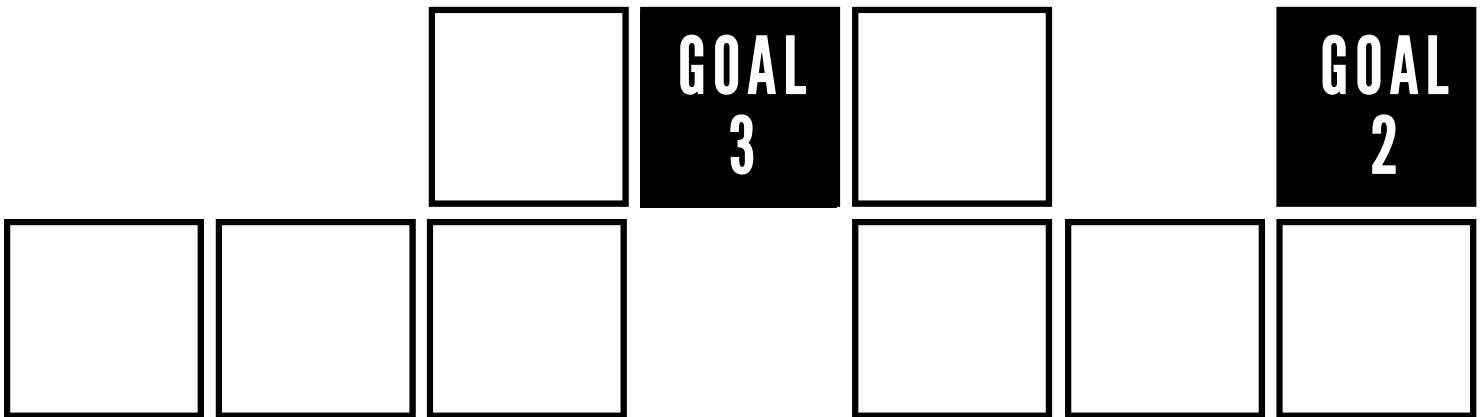
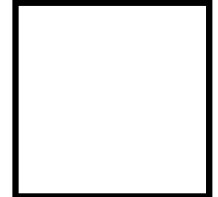
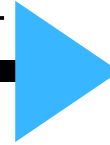
Goal Reward _____

1 Square = _____ lbs

START

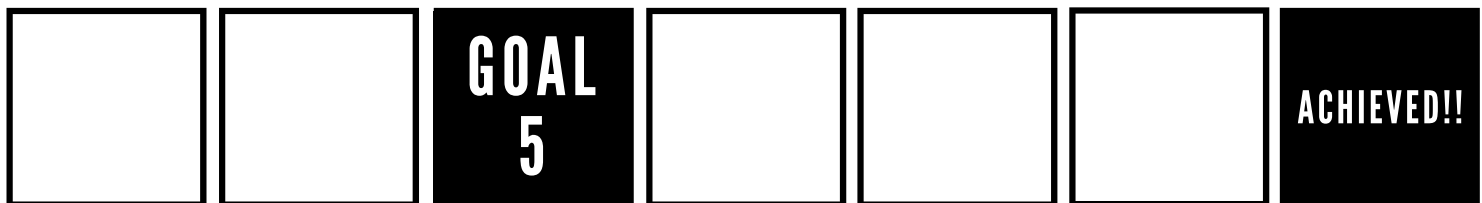


CHANGE YOUR MINDSET



GOAL 4

CHANGE YOUR LIFE



BECOME A PREFERRED MEMBER

At Herbalife
the world's
our own
goals
unlike
as

ma
me
eir
and
goo
ers

Consistency = Discounts!

Bronze: Start at the Bronze level where you're instantly eligible for discounts of over 20% on most Herbalife Nutrition products.* Move to a Silver discount level by accumulating personal product purchases of 500 Points in a consecutive 12-month period.

Silver: When you reach the Silver level, you're eligible for discounts of over 30% on most Herbalife Nutrition products.* Move to a Gold discount level by accumulating personal product purchases of 2,500 Points in a consecutive 12-month period.

Gold: Achieve Gold level status and you're eligible for discounts of approximately 40% on most Herbalife Nutrition products.

Additional Benefits

- **Product purchases are subject to sales tax on your actual purchase price** after discount instead of the product's Suggested Retail Price!
- **Take advantage of special events, promotions, and rewards** available exclusively to Preferred Members.
- **Get The Scoop:** the biweekly, Preferred Members-only newsletter with specialized recipes, helpful meal plans, fitness tips, and much more!
- **Hassle-free:** Order directly from MyHerbalife.com anytime, anywhere with 24/7 access.
- **No required training or meetings.**
- **Switch to Herbalife Nutrition Independent Distributor status at any time with a low cost.** If you switch to Distributor status, you will be able to earn income on your documented retail sales as well as sponsor others. If you moved up to a higher discount as a Preferred Member (PM), you will maintain that discount only for personal consumption purchases, not for purchases for retail sale. Purchases for retail sales start at the 25% level.

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BECOME A DISTRIBUTOR

Learn to Earn...

Herbalife Nutrition is a global nutrition company whose purpose is to make the world healthier and happier. We have been on a mission for nutrition - changing people's lives with great nutrition products & programs - since 1980.

If you could travel the world and take advantage of unlimited income opportunities simply by getting in the best shape of your life and helping others do the same, would you? Every day I get to live my life by my own design, helping my local and online community reach their goals. **I am in the business of results; your results.**

These results will be your foundation for a successful business as an Herbalife Distributor; an opportunity available to everyone, regardless of age, gender, status, and availability.

Community & Support

When you sell Herbalife Nutrition products, you become part of a supportive community of like-minded people invested in helping others achieve their personal wellness goals.

Your schedule on your terms

Enjoy the flexibility to work your own schedule on your own terms, and have the freedom to spend more time doing what you want - like having fun with family and friends.

...your worth!

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JOIN THE FAMILY!



WHEN IN DOUBT...

NOURISH. ENERGIZE. HYDRATE.

I know that transitioning into a new lifestyle, specifically a healthy active one, can be confusing at times or even overwhelming. But have you ever heard the saying "How do you eat an elephant?" The answer is "one bite at a time." Yes, corny, I know! But so true!

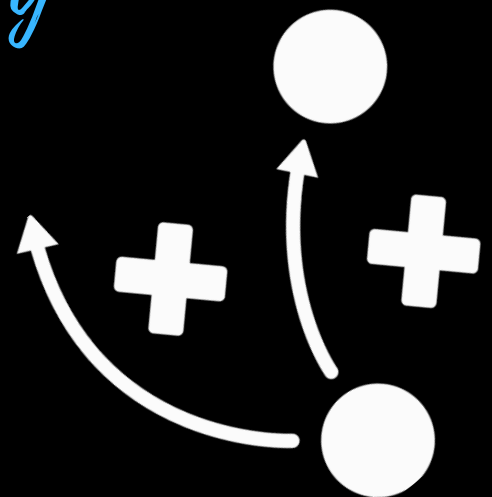
If you are ever feeling overwhelmed, remember to just take one bite. And if you can only take one, let it be to nourish, energize, and hydrate! There may be a day when you don't have time to make it to that cycling class you planned for. Your alarm may have not gone off in the morning and you're late for work and couldn't make your lunch. Or maybe you couldn't make it to the grocery store because the kids have soccer games and recitals all weekend. In any case, don't panic. When in doubt, just drink your shake, enjoy a glass of energizing tea, and feel good knowing that no matter what life looks like, you're providing your body with all of the nutrients, vitamins, and minerals it needs to function at its best.



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IT'S YOUR WINNING SEASON

*WHEN YOUR WHY IS GREAT ENOUGH,
THE HOW IS EASY*





BONUS ITEMS



1  OR 2  SHAKES PER DAY

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

SNACK

LUNCH

SNACK

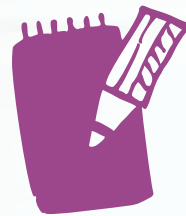
DINNER

SNACK

GROCERY SHOPPING TIPS



SHOP WHEN YOUR BELLY IS FULL — NEVER ON AN EMPTY STOMACH.



GO IN WITH A LIST. (DOUBLE POINTS IF YOU HAVE A MEAL PLAN IN HAND!)

STICK TO THE PERIMETER OF THE STORE FOR FRESHER FOODS.



SHOP FOR WHAT'S IN SEASON. THESE PRODUCTS USUALLY RETAIN MORE NUTRIENTS.



TURN THINGS AROUND AND READ YOUR NUTRITION FACTS.



BE BOLD! TRY ONE NEW FRUIT OR VEGGIE EACH WEEK.

REPLACE STARCHY CARBS WITH WHOLE GRAINS, LIKE BROWN RICE AND WHOLE WHEAT PASTA.



MAKE FISH YOUR FRIEND.

TUNA AND WILD-CAUGHT SALMON ARE HIGH IN BENEFICIAL FATS.



GROCERY SHOPPING LIST



SHOP WHEN YOUR BELLY IS FULL — NEVER ON AN EMPTY STOMACH.



GO IN WITH A LIST. (DOUBLE POINTS IF YOU HAVE A MEAL PLAN IN HAND!)

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MAKE FISH YOUR FRIEND. TUNA AND WILD-CAUGHT SALMON ARE HIGH IN BENEFICIAL FATS. 

MEAL PLAN ESSENTIALS:

Handwriting practice lines for meal plan essentials, featuring a large, faint shopping cart watermark in the background.