

INTRODUCTION TO WELLNESS



We are the Health & Wellness Solution Providers!



PERSONAL WELLNESS
COACH



We help people get healthy by:

- Educating people on proper nutrition
- Improving eating habits
- Weight Management
- Developing a healthy lifestyle

**We are proud to be part of the
Health & Wellness Solution
Rapidly growing around the world!**



HERBALIFE®

Independent Distributor

Are We Eating Well?



- 70% of Deaths are from

- HEART DISEASES
- CANCER
- STROKE

50% of these Deaths are Nutrition-related

- 70% of all Doctor's office visits are for Nutrition-Related conditions
- The #1 Complaint is **FATIGUE**

Average Nutrition Vs. Herbalife



Average Nutrition

Herbalife

AMOUNTS

AMOUNTS

High

SALT

Low

High

FAT

Low

High

SUGAR

Low

High

CALORIES

Low

Low

NUTRITION

High

Low

FIBER

High

How good is your diet?



Many of us think we are eating well, but are we?

- Average Kiwi and Aussie diet contains approximately 4,000 calories per day.



We are in an Obesity Epidemic!

NZ #2 !!

National

Next Article: [Sam Judd: Border](#)

Fat NZ: Health crisis looming - experts

By [Martin Johnston](#)

5:30 AM Friday May 24, 2013

☆ Save



684



34



New Zealand adults are on average the second heaviest among 50 countries, a health list reveals - prompting warnings of a looming medical crisis for some Kiwis.

The average Kiwi was estimated to weigh 81.3kg last year, lighter only than the average American, who weighed 82.7kg.

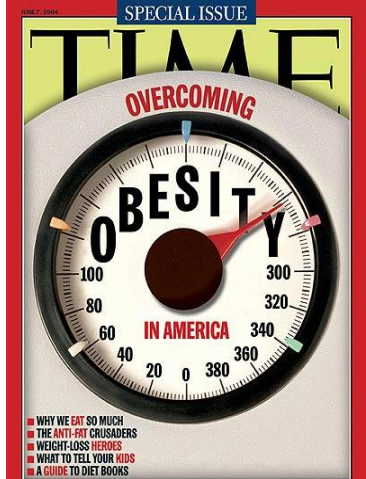
The weight list was compiled by the Bloomberg news service using data from the World Health Organisation, the OECD and a survey funded by the US Agency for International Development.

It does not include any Pacific countries, where rates of obesity are up to more than twice those of many Western nations.



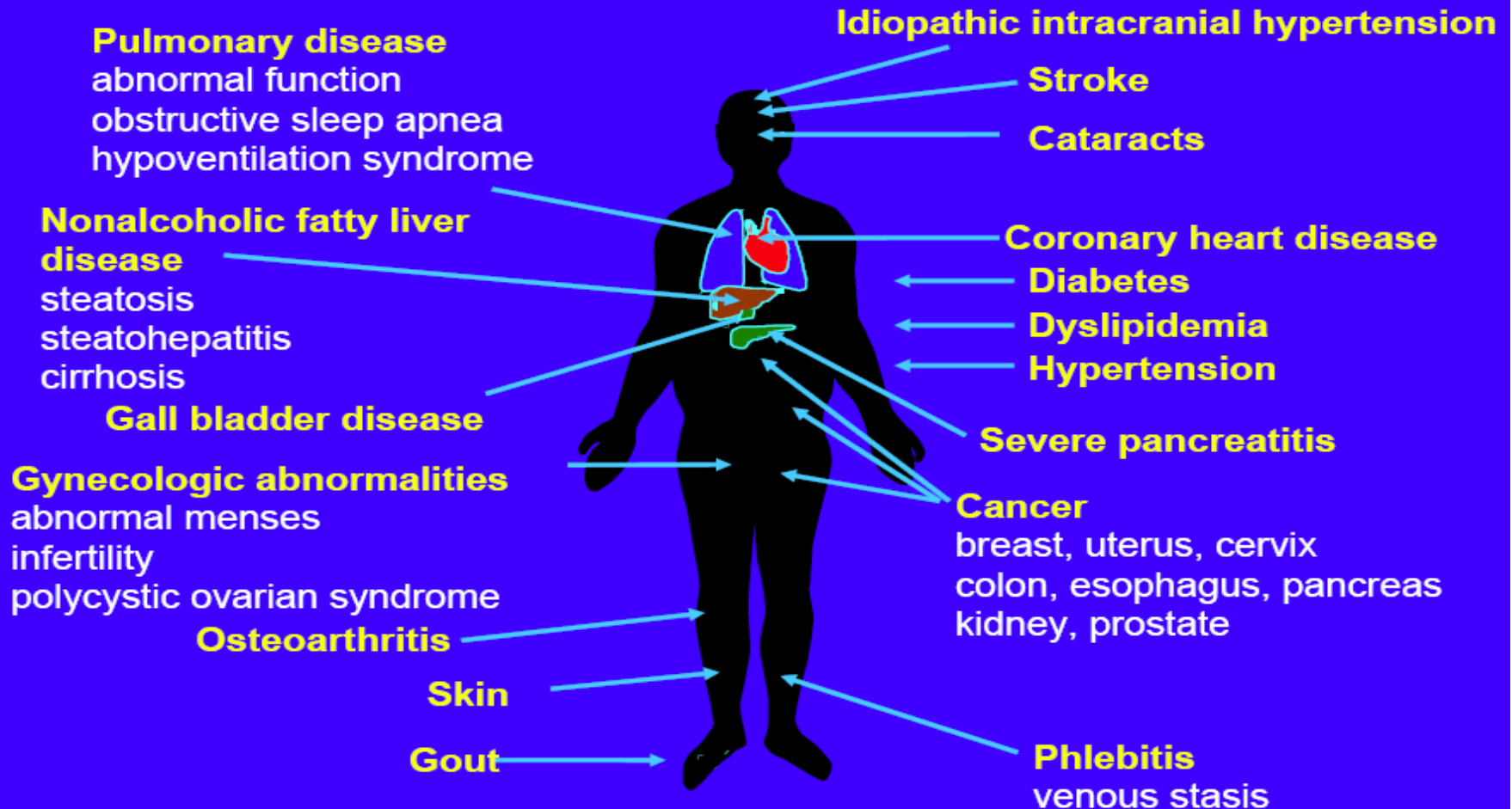
+ EXPAND

Obesity increases a person's risk of developing type 2 diabetes, high blood pressure and heart disease. Photo / Thinkstock



Complications Of Obesity

Medical Complications of Obesity



What Can Happen

WHEN YOU LOSE FAT...

MIGRAINES
57% resolved

**PSEUDOTUMOR
CEREBRI**
96% resolved

**DYSLIPIDEMIA
HYPERCHOLESTEROLEMIA**
63% resolved

**NON-ALCOHOLIC
FATTY LIVER DISEASE**
90% improved
steatosis
37% resolution of
inflammation
20% resolution of
fibrosis

**METABOLIC
SYNDROME**
80% resolved

**TYPE II
DIABETES MELLITUS**
83% resolved

**POLYCYSTIC
OVARIAN SYNDROME**
97% resolution of hirsutism
100% resolution of
menstrual dysfunction

**VENOUS STASIS
DISEASE**
95% resolved

DEPRESSION
55% resolved

**OBSTRUCTIVE
SLEEP APNEA**
74-98% resolved

ASTHMA
82% improved
or resolved

**CARDIOVASCULAR
DISEASE**
82% risk reduction

HYPERTENSION
52-92% resolved

GERD
72-98% resolved

**STRESS URINARY
INCONTINENCE**
44-88% resolved

**DEGENERATIVE
JOINT DISEASE**
41-76% resolved

GOUT
77% resolved

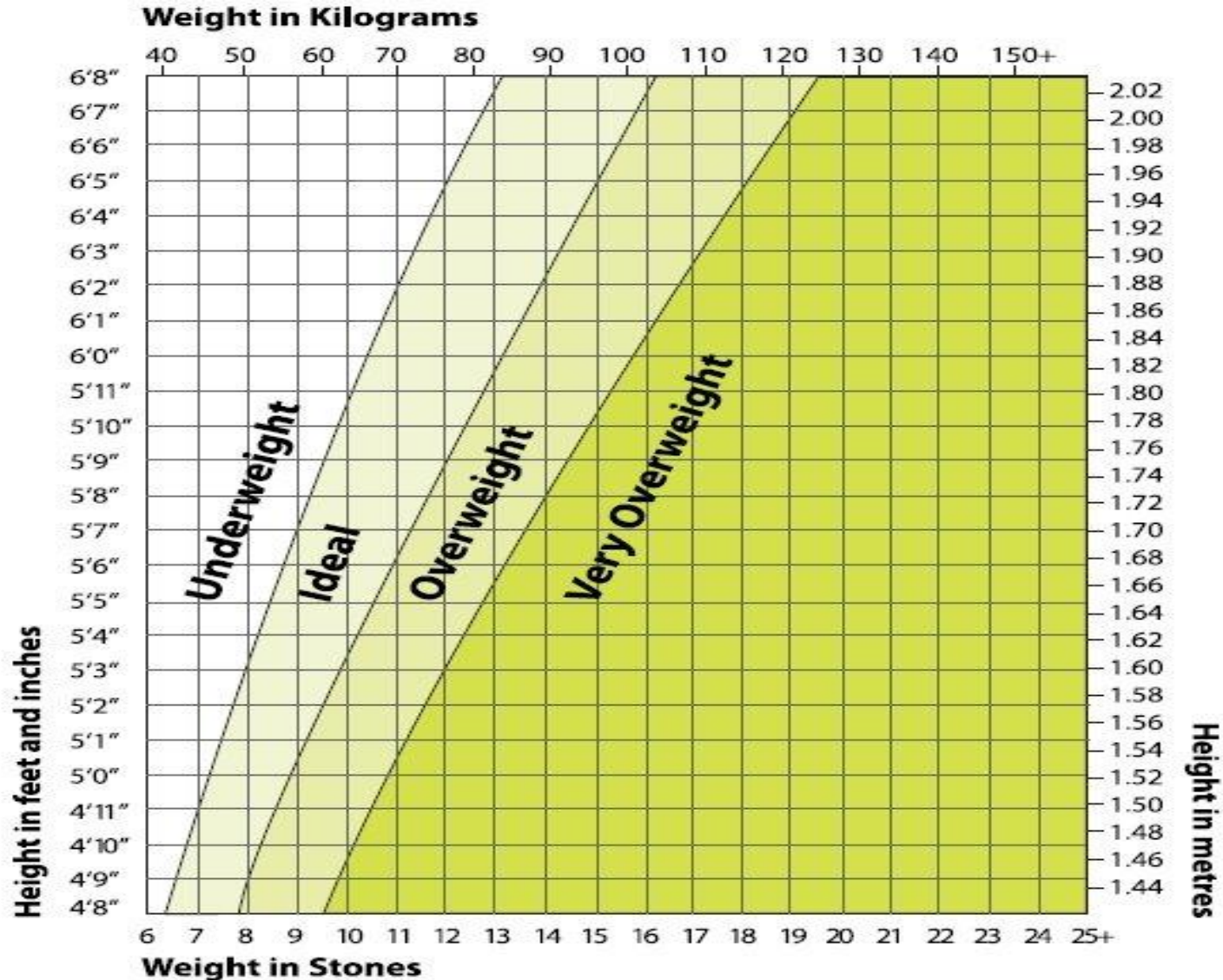
MORTALITY
89% reduction in
5-year mortality

Quality of life
IMPROVED 95%!!



Lets Go Over Your Health Numbers!

Ideal Weight Chart





Body Fat Range:

Women				AGE	Men			
excellent	healthy	medium	obese		excellent	healthy	medium	obese
18.2	22.1	25.0	> 29.6	20 - 24	10.8	14.9	19.0	> 23.3
18.9	22.0	25.4	> 29.8	25 - 29	12.8	16.5	20.3	> 24.3
19.7	22.7	26.4	> 30.5	30 - 34	14.5	18.0	21.5	25.2
21.1	24.0	27.7	> 31.5	35 - 39	16.1	19.3	22.6	> 26.1
22.6	25.6	29.3	> 32.8	40 - 44	17.5	20.5	23.6	> 26.9
24.3	27.3	30.9	> 34.1	45 - 49	18.6	21.5	24.5	> 27.6
25.2	28.2	31.8	> 35.1	50 - 54	19.2	22.1	25.1	> 28.2
26.6	29.7	33.1	> 36.2	55 - 59	19.8	22.7	25.6	> 28.7
27.4	30.7	34.0	> 37.3	60 +	20.2	23.3	26.2	29.3

For Sports people (measured in athletic modus) with a minimum training from 10 hours a week the Index is valid: Women 11 to 18 % / Men: 5 to 15%



Muscle Index & Physique Ratings:

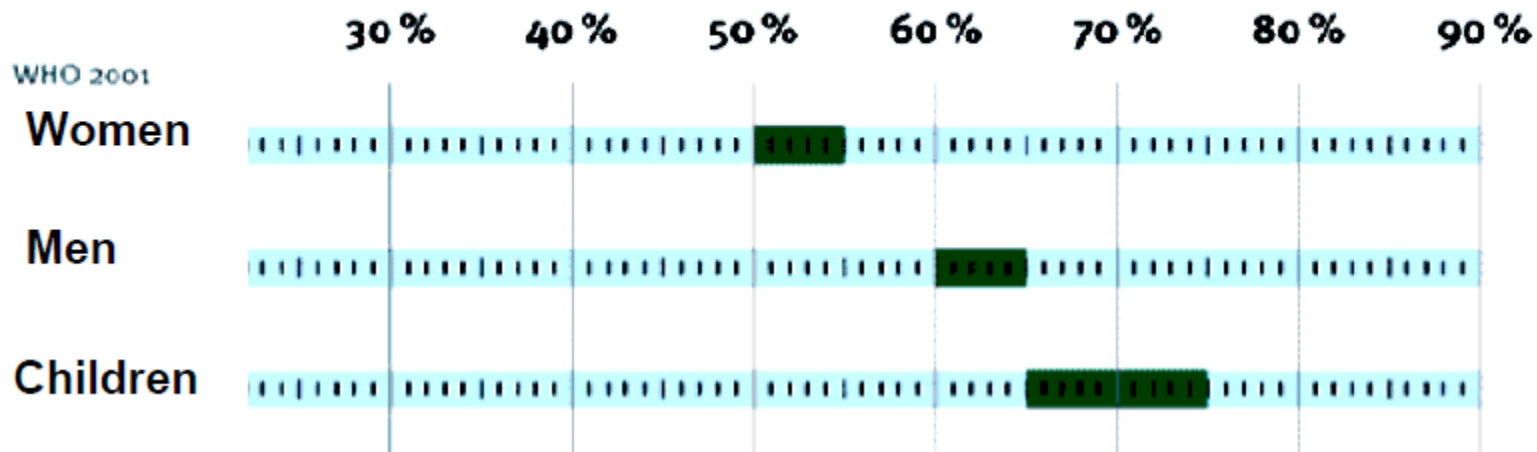
The Muscle Index is given in kg, the value belonging to it is the Physique Ratings:

obese, untrained		normal	excellent	
1 Hidden Obese	4 Under exercised	7 Thin	8 Thin & muscular	9 Very muscular
2 Obese	5 Standard			
3 Solidly-built	6 Standard Muscular			

Why is monitoring Muscle Mass important? For every extra KG of muscle gained the body uses approximately 100 extra calories a day. Everybody who experiences a change in the muscle mass should monitor and adapt the calorie intake accordingly. Because muscle is denser than fat, monitoring your muscle mass gives you a more accurate understanding of your overall body compositions and changes in your total body weight.



Water Index:



Bone Mass:

women		
less than 50 kg	50 kg to 75 kg	more than 75 kg
1.95 kg	2.4 kg	2.95 kg
men		
less than 65 kg	65kg to 95 kg	more than 95 kg
2.65 kg	3,29 kg	3.69 kg



What is Basal Metabolic Rate Indicator? The Basal Metabolic Rate (BMR) is the number of calories the body needs when at rest.

Why is monitoring the Basal Metabolic Rate important? Understanding the Basal Metabolic Rate will allow you to monitor the number of calories your body requires according to your physique and lifestyle. The more muscle or general activity you take the more calories you require. The Basal Metabolic Rate level also decreases as the body ages.



What is Metabolic Age Rating? Basal Metabolic Rate starts to decrease after the age of 16/17 years old . Your Metabolic Age Rating indicates what age level your body is currently rated at.

Why is the Metabolic Age Rating important? If the age indicated is higher than your actual age then you need to improve your Basal Metabolic Rate. Increasing exercise levels will build healthier muscle tissue which burn more calories, consequently improving your Metabolic Age Rating.



Visceral Fat:

1—4

excellent

5—8

healthy

9—12

bad

over 13

alarming

What is Visceral Fat? Fat that surrounds the vital organs in the trunk/ stomach area of the body. **Why is monitoring Visceral Fat important?** High Visceral Fat levels increase the risk of high blood pressure, heart disease and type 2 diabetes. Lowering your Visceral Fat levels can stabilise insulin action substantially, reducing your risk of diabetes and other related illnesses.

The Answer is... Cellular Nutrition!

- Optimum Consumption
- Increased Absorption
- Cellular Assimilation

**The Results
Are Amazing!**



Cellular Nutrition is...



A Complete Health And Wellness Solution!

World Renowned Products!

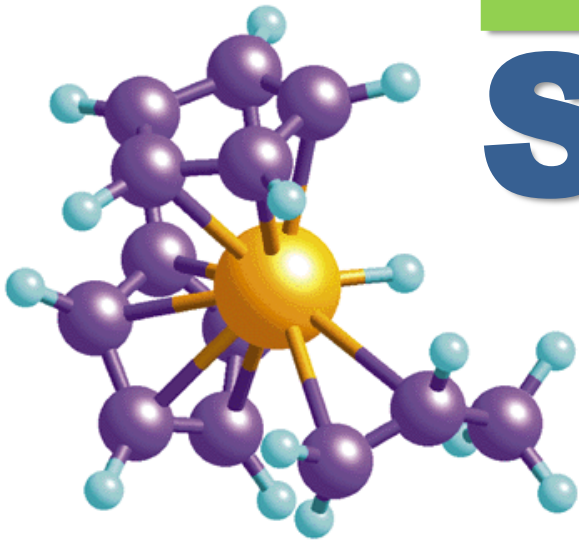
- Weight Management
- Targeted Nutrition
- Sports Nutrition
- Energy & Fitness
- Personal Care





HERBALIFE®

**What we have to
offer is highly...**



**Engineered
Super Food**

Nutritional Smoothie

Formula 1 Smoothie

has MORE Vitamins & Nutrients than all these foods combined!

A creamy, deliciously filling meal that gives your body a perfect balance of:

- Vitamins
- Minerals
- Herbs
- Good Carbs
- Fiber
- Protein

Herbalife Formula 1



= More Vitamin A
than a mango



= More Fibre
than 50g of broccoli



= More Iron
than 115g of beans



= More Calcium
than 200g of yoghurt



= More Vitamin C
than a banana



= More Protein
than a chicken thigh (62g)



WHAT HAPPENS AT CELLULAR LEVELS...



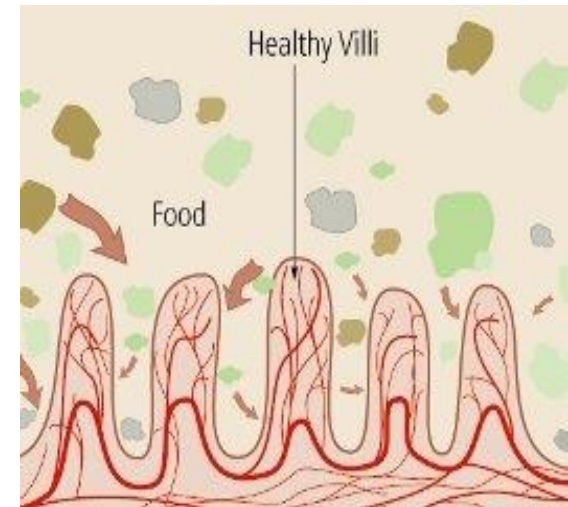
The Nutrients in the food that we eat get absorbed by the **Intestinal Villi**.

Villi: Hair like protrusions.

Can become impaired:

Stress, poor eating habits, alcohol tobacco, medication, pollution etc.

Cellular Nutrition can help repair the villi and can help improve with the absorption and assimilation of nutrients.



Results After Only 1 DAY:

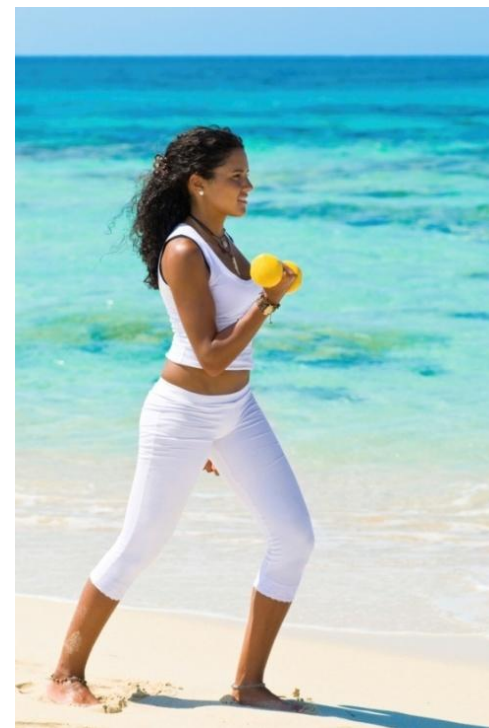


- Increased energy
- Appetite under control
- Healthy digestion
- Sound sleep
- General sense of well-being



Results After Only **3 DAYS**:

- **98% result in better sleep patterns**
- **60% reduction in belly inflammation** and digestive issues
- **98% increase in energy** and fatigue is gone
- **Improved mental health,** decrease in depression and a sense of wellbeing



Results After Only **7 DAYS**:

In addition To **1** and **3**
Day Results, There Will
Be A Loss Of
2 cm. Off Waist Line!





Eric
lost 38kg!



Before: 144kg
After: 106kg
Time taken to lose weight:
25.4kg in 12 weeks
Total weight loss to date: 38kg



Sharon
lost 20kg!



Before: 100kg
After: 80kg
Time taken: 16kg in 10 weeks
Total weight loss to date: 20kg



Mike
lost 16kg!



Before: 104.8kg
After: 88.8kg
Time taken: 12 weeks
Total weight loss to date: 16kg



Lisa
lost 12.5kg!



Before: 68kg
After: 57kg
Time taken: 8 weeks
Total Weight Loss to date: 12.5kg

**FAMILY
SUCCESS
A TOTAL OF
28 kg!**



ALOK LOST 11 kg



SUSHMA LOST 13 kg



PRACHI LOST 4 kg



LEO LOST 11 kg



CAROL LOST 10 kg



JO LOST 11 kg



KAMAL LOST 10 kg

Jim lost **183 kg** in 19 months



Dec 2011



8 Weeks later



June 2012



Lydia Lost
17 kg
And 4 Dress Sizes

Gwen Lost
10 kg
And 3 Dress
Sizes





Kathy Lost **50 kg**
in 9 months!



Toni lost **34 kg** and **over**
130cm. ...using the
Advanced Program



Mary Lost **70 kg**
and got back her dignity!



Angie lost **55 kg** and
...has kept it off for 7
years!



LET'S GET STARTED!



Herbalife



simple



fun



magical

HERBALIFE NUTRITION PROGRAMMES - RRP



Shape Up Now Programme

French Vanilla, Dutch Chocolate, Berry Flavour, Cookies & Cream

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex
Cell-U-Loss (Faster Inch Loss)



NZ\$211.00 - \$7.00 A DAY!



Quick Start Programme

(Great inch loss, fat control

and energy!)
French Vanilla, Dutch Chocolate, Berry Flavour, Cookies & Cream

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex, Cell-U-Loss,
Chitosan Fibre Complex, N-R-G Tablets



NZ\$363.00 - \$12.10 A DAY!



Ultimate Programme

Get the Best Programme HERBALIFE has to offer; Nourish, Hydrate, Cleanse and Energise!

20-30% Even Faster Results!

NZ\$600.00 - \$20 A DAY!



Protein Plus Starter Programme

French Vanilla, Dutch Chocolate, Berry Flavour, Cookies & Cream

Includes:

Formula 1
Nutritional Shake Mix
Personalised Protein Powder
(Stronger appetite control)
Multivitamin Complex



NZ\$221.00 - \$7.40 A DAY!



Advanced Programme

(Helps you Burn an extra 160 calories a day!)

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex, Cell-U-Loss,
Chitosan Fibre Complex, N-R-G Tablets
Instant Herbal Beverage



NZ\$465.00 - \$15.50 A DAY!



HEALTHY BREAKFAST Programme

The IDEAL Daily Wellness Programme, great for long term maintenance.

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex, Cell-U-Loss,
Herbal Aloe Concentrate
Instant Herbal Beverage

NZ\$332.00 - \$11.10 A DAY!

HERBALIFE NUTRITION VIP PROGRAMMES



Shape Up Now Programme

French Vanilla, Dutch Chocolate, Berry Flavour, Cookies & Cream

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex
Cell-U-Loss (Faster Inch Loss)



NZ\$254.00 – Inc. VIP pack (Next \$161)



Protein Plus Starter Programme

French Vanilla, Dutch Chocolate, Berry Flavour, Cookies & Cream

Includes:

Formula 1
Nutritional Shake Mix
Personalised Protein Powder
(Stronger appetite control)
Multivitamin Complex

NZ\$262.00 - Inc. VIP pack (Next \$172)



Quick Start Programme

(Great inch loss, fat control

and energy!)

French Vanilla, Dutch Chocolate, Berry Flavour, Cookies & Cream

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex, Cell-U-Loss,
Chitosan Fibre Complex, N-R-G Tablets



NZ\$372.00 - Inc. VIP pack (Next \$281)



Advanced Programme

(Helps you Burn an extra 160 calories a day!)

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex, Cell-U-Loss,
Chitosan Fibre Complex, N-R-G Tablets
Instant Herbal Beverage



NZ\$451.00 - Inc. VIP pack (Next \$360)



Ultimate Programme

Get the Best Programme HERBALIFE has to offer; Nourish, Hydrate Cleanse and Energise!

20-30% Even Faster Results!

NZ\$554.80 - Inc. VIP pack (Next \$464)



HEALTHY BREAKFAST Programme

The IDEAL Daily Wellness Programme, great for long term maintenance.

Programme Includes:

Formula 1
Nutritional Shake Mix
Multivitamin Complex, Cell-U-Loss,
Herbal Aloe Concentrate
Instant Herbal Beverage

NZD\$347 Inc. VIP pack – (Next \$257)

VIP MEMBER PACK



Get registered with an **Herbalife Members Pack (H.M.P.)**

GET STARTED TODAY!