



Wellness Profile



- What are your goals at the moment?
- Why would this benefit you?

Let's do your measurements!



Tanita Client Record Card



Name:		Name Coach:		Sheet No.
Age:	Sex:	Height	BMI:	Protein Factor:

Tanita Readings	% Body Fat	Weight	RMBR	Metabolic Age	% Body Water	Visceral Fat	Bone Mass	Muscle Mass	Body Type					
Start Date:														
Wk 1														
Wk 2														
Wk 3														
Wk 4														
Wk 5														
Wk 6														
Wk 7														
Wk 8														
Wk 9														
Wk 10														
Wk 11														
Wk 12														
Total Change														
Measurements	Start	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Total Loss
Chest/Bust														
Waist														
Hips														

More Info: www.customer-ws.co.uk

Wellness Profile – Hydration

Moistens tissues and lubricates muscles and joints.

Keeps body temperature in optimal state.



Flushes Out Waste From the Liver and Kidneys.

Aids the body in the absorption of nutrients and minerals.

Helps to speed up our metabolism

Assists in digestion and waste elimination, lessening the likelihood of constipation.

Helps in blood circulation and aids in cellular regeneration.

Our bodies consist of 70% water and can only go on a few days without it

Dehydration can result in:

- Weight Gain
- Fatigue
- Migraines
- Constipation
- Muscle Cramps
- Increased Blood Pressure
- Kidney Problems
- Dry Skin / Mouth

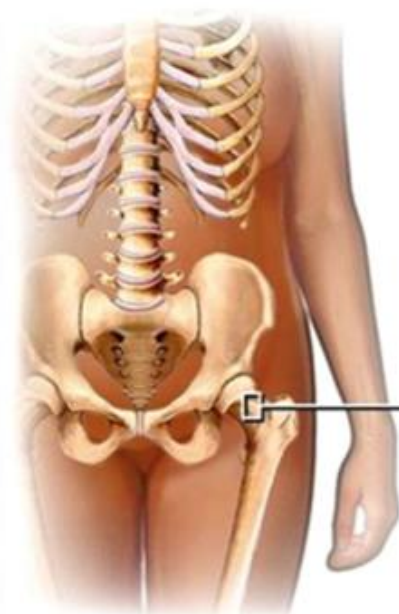


Result Guide

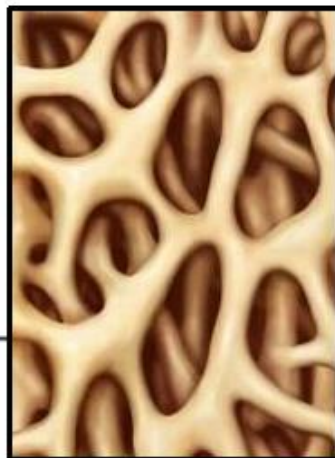
Female 45% – 60%

Male 50% - 65%

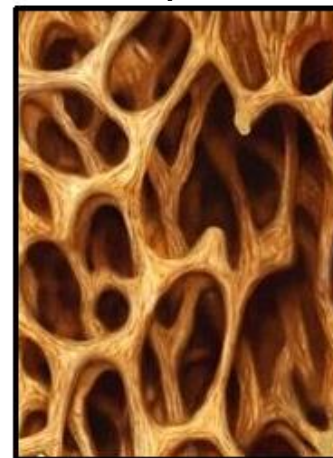
Wellness Profile – Bone Mass



Normal Bone Matrix



Osteoporosis



Female Result Guide

<7st 8 lbs	4.3 lbs
<106 lbs	4.3 lbs
<48 kg	1.9 kg

7st 8 lbs – 11st 7 lbs	5.3 lbs
106 lbs – 161 lbs	5.3 lbs
48 kg – 73 kg	2.4 kg

>11st 7 lbs	6.5 lbs
>161 lbs	6.5 lbs
>73 kg	2.9 kg

Male Result Guide

<10st 2 lbs	5.9 lbs
lbs	5.9 lbs
<142 lbs	2.6 kg

10st 2 lbs – 14st 9 lbs	7.3 lbs
142 lbs – 205 lbs	7.3 lbs
64 kg – 92 kg	3.3 kg

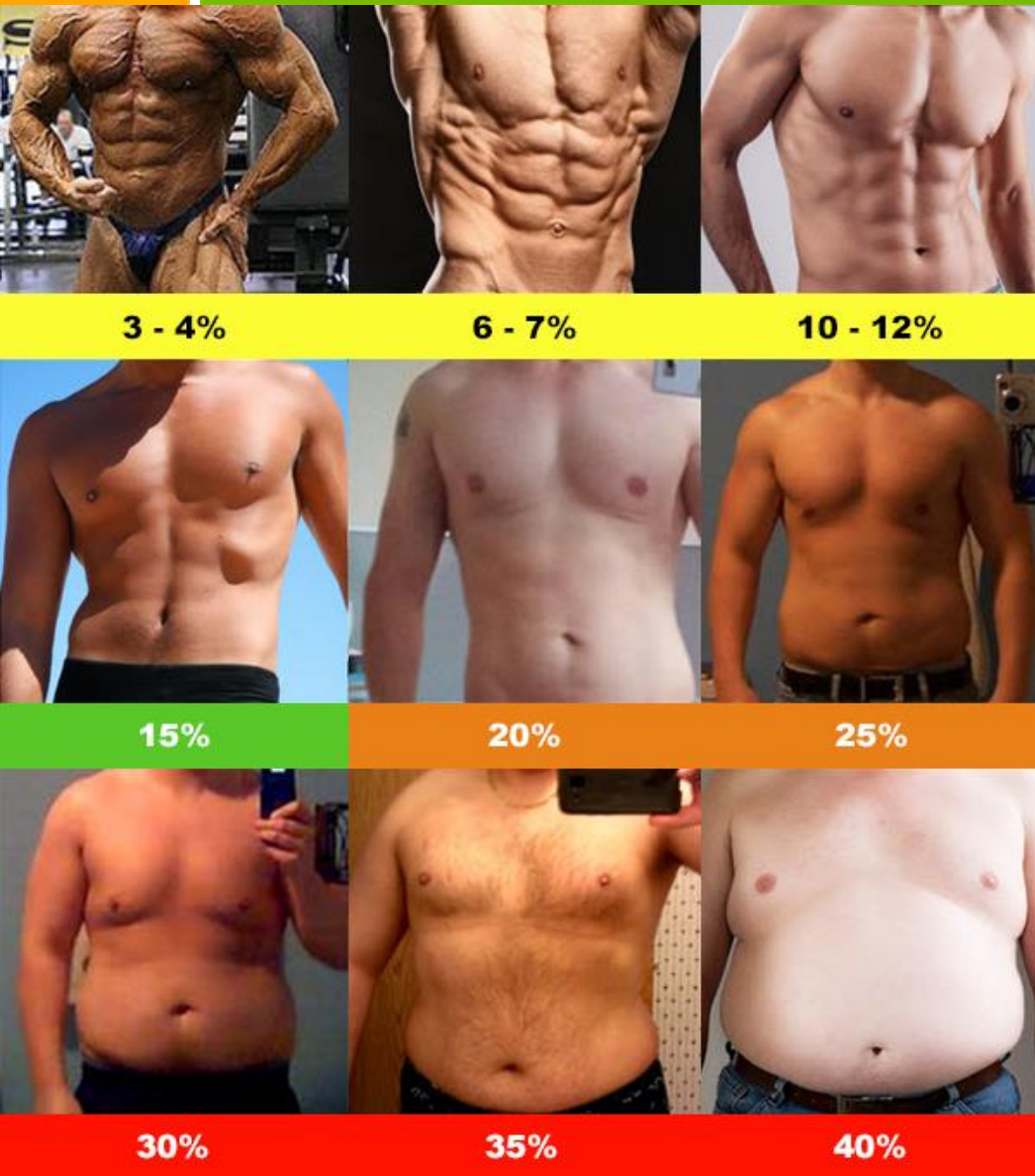
>14st 9 lbs	8.1 lbs
>205 lbs	8.1 lbs
>92 kg	3.6 kg







HERBALIFE®

Independent Distributor

Wellness Profile – Body Fat %

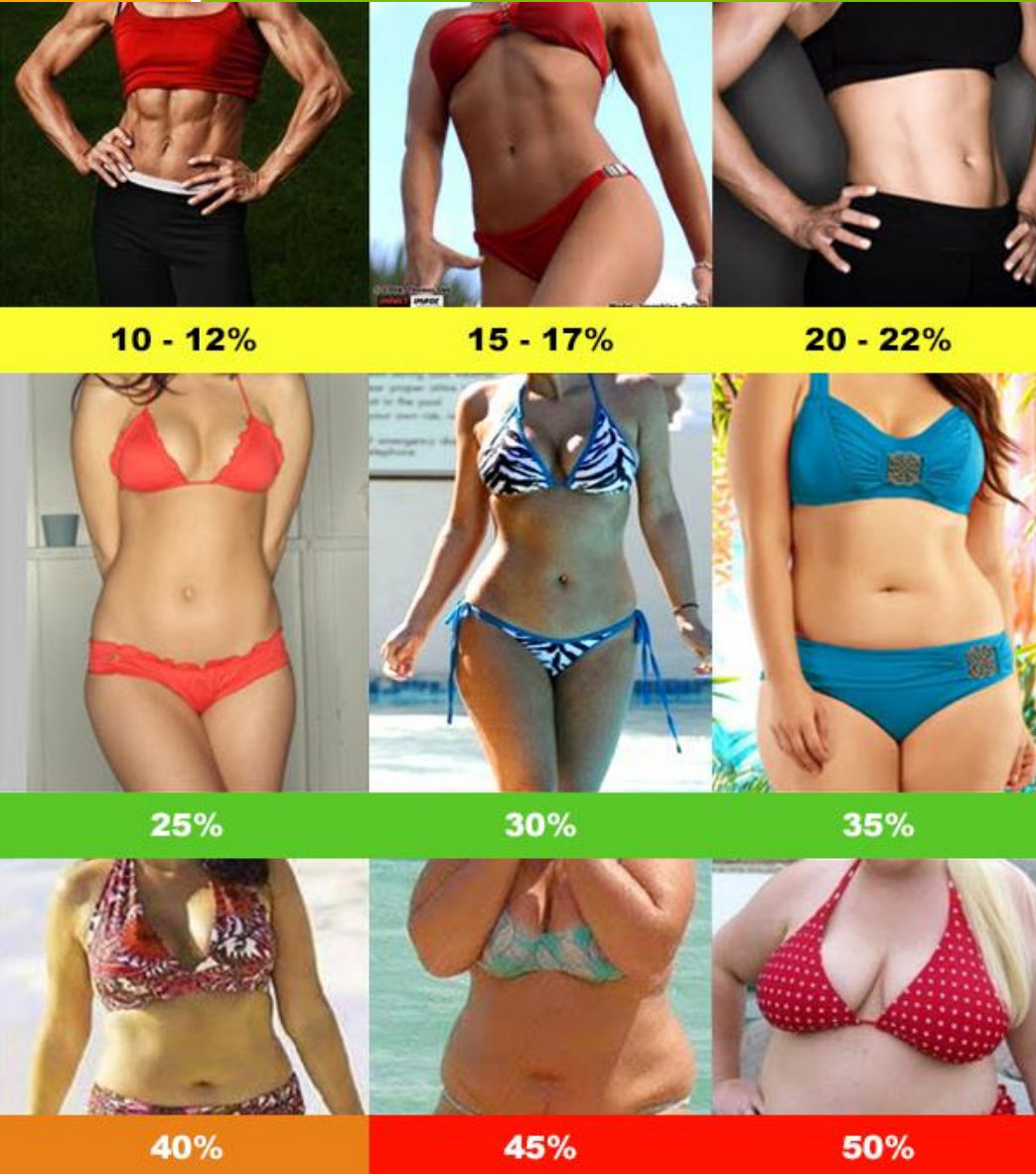






	Low
	Normal
	High
	Too High

Where would you like to be?

Where are you now?

Wellness Profile – Body Fat %



	Low
	Normal
	High
	Too High

Where would you like to be?

Where are you now?

Wellness Profile – Visceral Fat

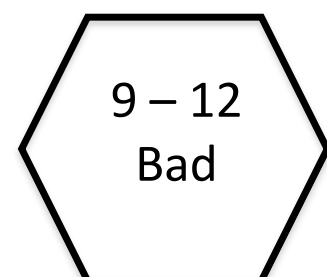
40

BMI

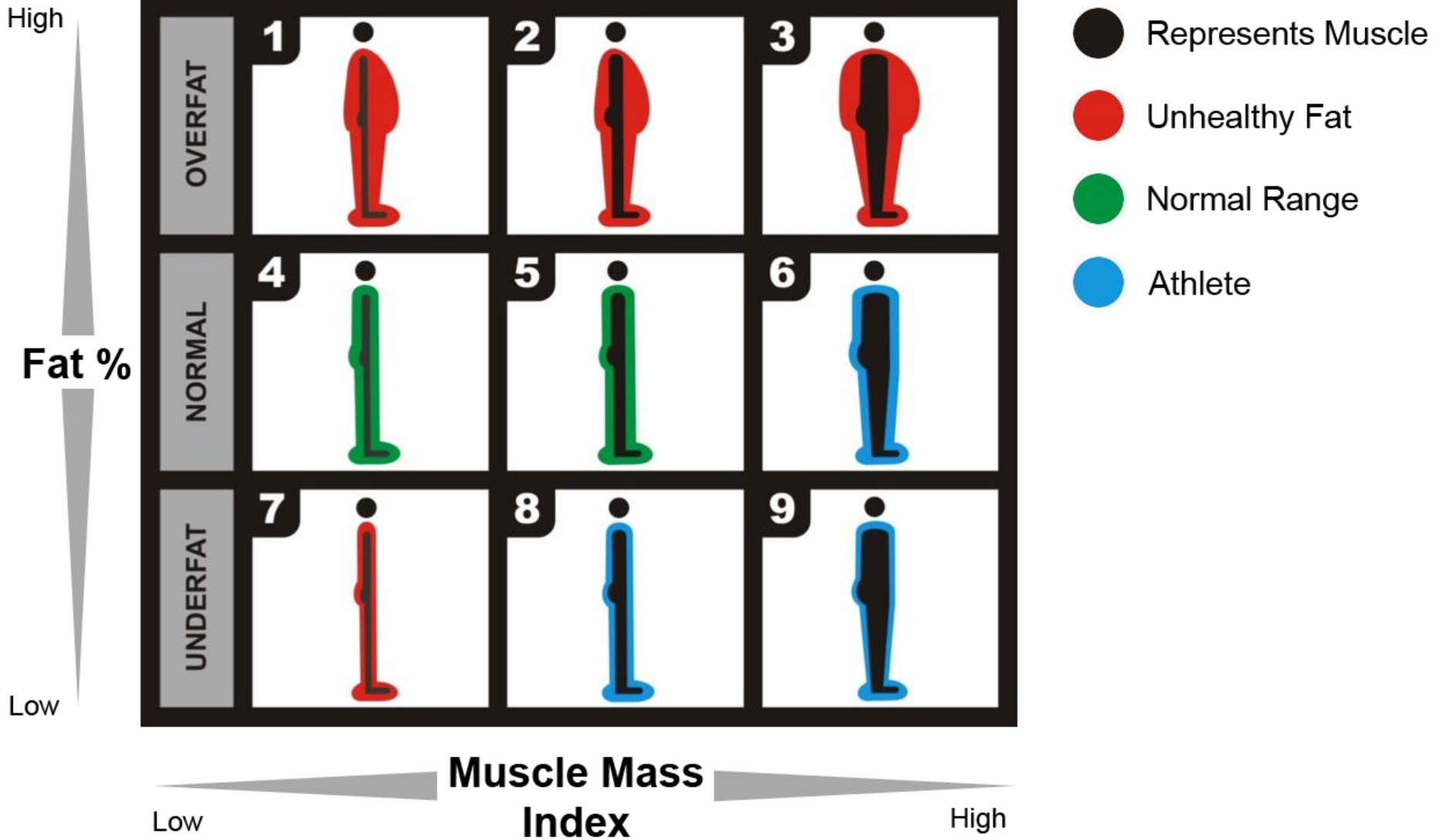
20



- Visceral Fat prevents organs from functioning normally and puts them under huge strain.
- Too much Visceral Fat is life-threatening and should be taken very seriously.



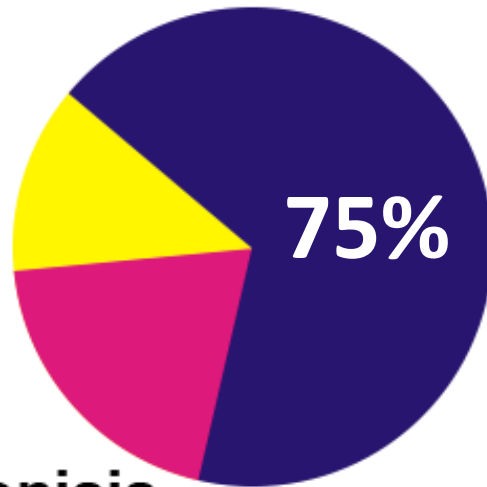
Wellness Profile – Physique Rating



Wellness Profile – Basal Metabolic Rate

Basal Metabolic Rate

Activity



Thermogenesis

**Maintain
Reach BMR**

**Lose / Gain
-/+ 500 calories**

Increased
Exercise
& Muscle

Increased
Metabolism

Faster
Metabolism
burns more
Calories

**Weight Loss &
Natural Weight Control**



HERBALIFE.

Independent Distributor

Wellness Profile – Muscle Mass



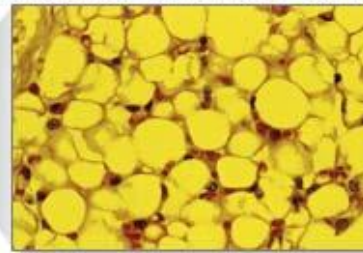
Current



Goal



Muscle cells burn more calories



Fat cells tend to store calories

Wellness Profile – Metabolic Age

FACT: Your entire body totally rebuilds itself in less than 2 years -- and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Everyday is a new opportunity to build a **new body**.



Your DNA renews itself every 2 months.



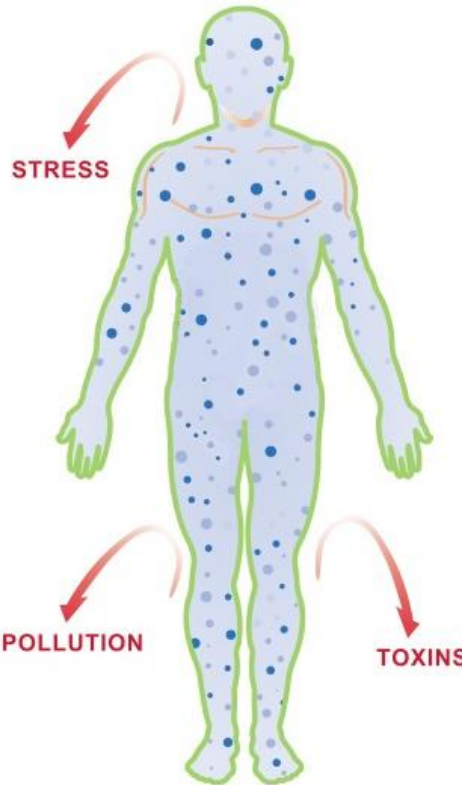
Your Skin rebuilds itself in 1 month.



Your Liver rebuilds itself in 6 weeks..



The lining in your stomach rebuilds itself in 5 days.



- Nourish your **cells** with the best nutrients available.
- Support your immune system by keeping at bay the damaging effects of **stress, pollution** and **toxins**.
- Maximize your energy production for increased vitality and optimal health.
- Healthy **Cells** = A Healthy You



Your Brain rebuilds itself in 1 year.



Your Blood rebuilds itself in 4 months.



Your body builds a whole new skeleton in 3 months.

What is your Metabolic Age?



HERBALIFE

Independent Distributor

Exercise Programmes – Exercise

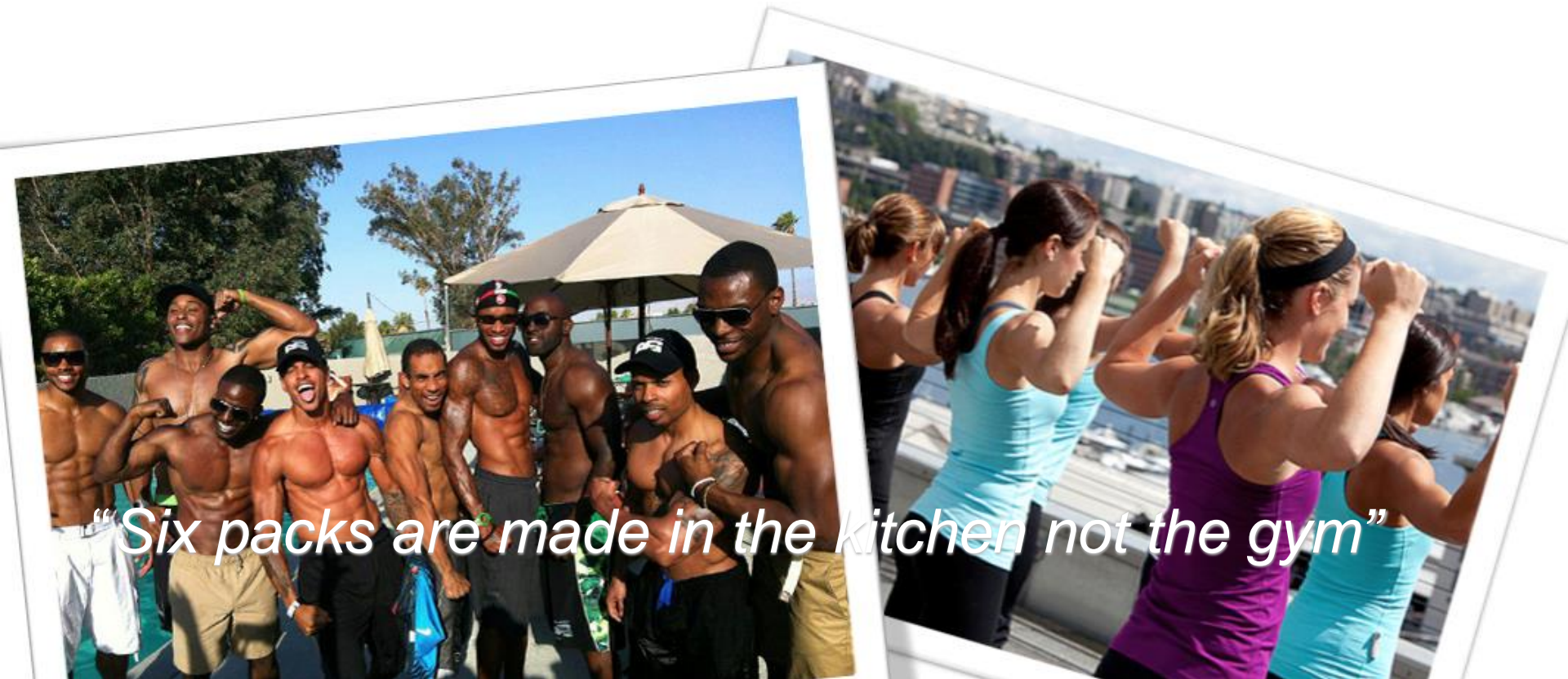
Join our fun and effective group **Exercise** sessions as part of your Healthy Active Lifestyle programme. Ask about our **RunClub** and **FitClub** sessions



Herbalife24FIT box set with 13 DVDs; a 24-week workout program that is led by top fitness experts and developed by Herbalife.

Wellness Profile – Understanding Good Nutrition

80% of the way you look is down to Nutrition
20% is Exercise



“Six packs are made in the kitchen not the gym”



HERBALIFE

Independent Distributor

How's your nutrition going at the moment?

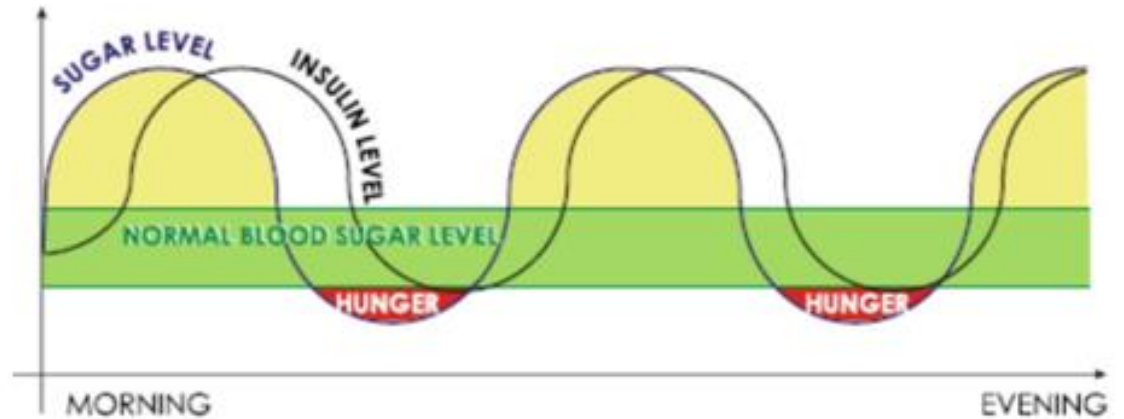
What would you call a normal breakfast?



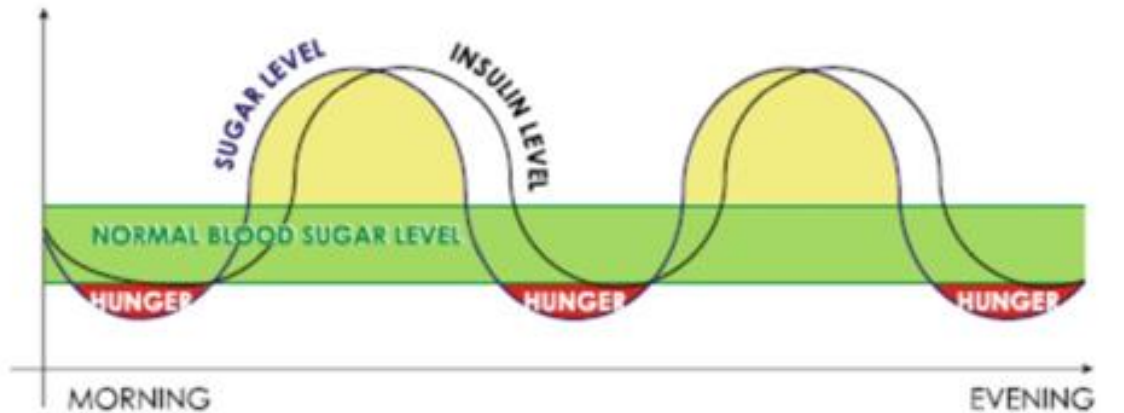
Healthy Breakfast– Blood Sugar & Energy



Carbohydrate Based Breakfast



Skipping Breakfast



HERBALIFE.

Independent Distributor

Our Foundation Nutrition Programme



Healthy Breakfast
Formula 1 Shake



Healthy Snack
Protein Bars



Healthy Lunch



Healthy Snack
Roasted Soy Beans



Healthy Dinner

	Protein	Calories
Formula 1	18g	217
Protein Bars	10g	145
Formula 3	5g	23
Gourmet Soup	13g	106
Soy Beans	9g	113
Healthy Dinner	15-30g	400-1000

1,200 - 2,000 Calories

Everything Starts by Fixing Your Breakfast!

HEALTHY BREAKFAST
Everything your body needs in the morning...

1 **2** **3**

HYDRATION ENERGY NUTRITION

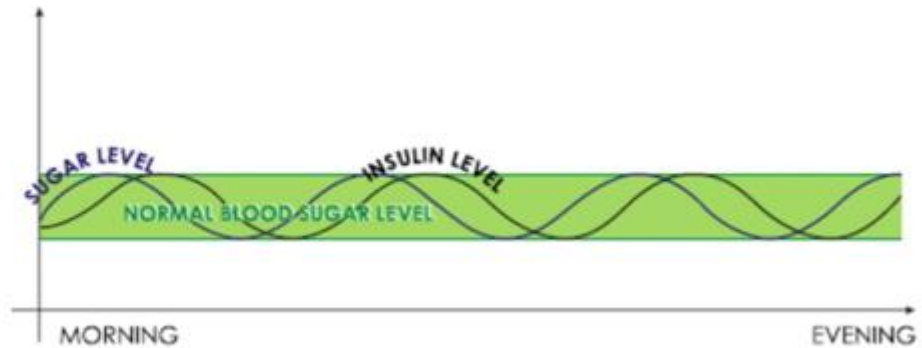
START YOUR DAY THE **RIGHT** WAY!

The advertisement features three tall, clear glasses arranged in a row against a background of a sunrise over a green field. Each glass has a faint Herbalife logo on it. The first glass (1) contains clear water. The second glass (2) contains an orange-colored juice. The third glass (3) contains a light-colored smoothie topped with fresh fruit including strawberries and orange slices. The numbers 1, 2, and 3 are displayed in green circles above each glass. The text 'HYDRATION', 'ENERGY', and 'NUTRITION' is written in green below each glass. At the bottom, the phrase 'START YOUR DAY THE RIGHT WAY!' is written in white, with 'RIGHT' in bold.

Healthy Breakfast– Blood Sugar & Energy



Balanced Healthy Breakfast



Refined sugar/simple carbohydrates: cereal, fruit juice, bread



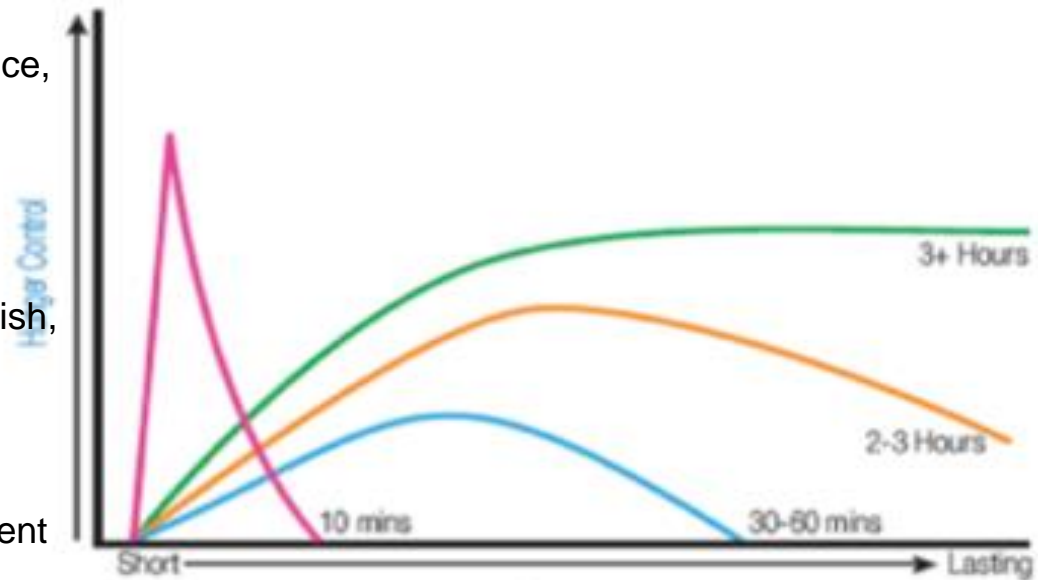
Complex carbohydrates: porridge, vegetables, fruit



Lean protein: eggs, chicken, fish, soy products



Lean protein + complex carbohydrate: meal replacement shakes, balanced meals and balanced snacks



HERBALIFE

Independent Distributor

Nutritional Content in our Food

Food Type	Vitamins & Minerals	RESULTS			Difference	
		1985	1996	2002	1985-1996	1985-2002
Broccoli	Calcium	103	33	28	-68%	-73%
	Folic Acid	47	23	18	-52%	-62%
	Magnesium	24	18	11	-25%	-55%
Beans	Calcium	56	34	22	-38%	-51%
	Folic Acid	39	34	30	-12%	-23%
	Magnesium	26	22	18	-15%	-77%
	Vitamin B6	140	55	32	-61%	
Potatoes	Calcium	14	4	3	-70%	-78%
	Magnesium	27	18	14	-33%	-48%
Carrots	Calcium	37	31	28	-17%	-24%
	Magnesium	21	9	6	-57%	-75%
Spinach	Magnesium	62	19	15	-68%	-76%
	Vitamin C	51	21	18	-58%	-65%
Apple	Vitamin C	5	1	2	-80%	-60%
Banana	Calcium	8	7	7	-12%	-12%
	Folic Acid	23	3	5	-84%	-79%
	Magnesium	31	27	24	-13%	-23%
	Vitamin B6	330	22	18	-92%	-95%
Strawberries	Calcium	21	18	12	-14%	-43%
	Vitamin C	60	13	8	-67%	-87%

Source: 1985 Pharmakonzern Geigy (Switzerland).
1996 Food laboratory Karlsruhe/Sanatorium Oberthal and 2002

Herbalife Programmes – Backed by Science

Herbalife's Formula 1 is the largest selling meal replacement in the world with 28% of the market.



Steve Hening, Ph.D.
CHIEF SCIENTIFIC
OFFICER



Luigi Gratton, M.P.H.
VICE PRESIDENT
Nutrition Education



David Heber, Ph.D.
CHAIRMAN
Herbalife Nutrition
Institute
Nutrition Advisory Board



Louis Ignarro, Ph.D.
Nobel† Laureate in
Medicine
MEMBER
Herbalife Nutrition
Institute
Nutrition Advisory Board



John Heiss, Ph.D.
DIRECTOR
Sport and Fitness,
Worldwide
Product
Marketing



Garry Small
MEMBER
Herbalife Nutrition
Institute
Nutrition Advisory
Board



Paulo Giacconi, Ph.D.
VICE PRESIDENT
Worldwide Outer
Nutrition



Vasilios Frankos, Ph.D.
SENIOR VICE PRESIDENT
Global Product Science,
Safety and Compliance.

† The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.

Core Nutrition Vs. . .



Calories 217	Calories 780
Protein 17.6g	Protein 29.8g
Sugar 20.9g	Sugar 25g
Fat 6.7g	Fat 26g
Sat. Fat 3.3g	Sat. Fat 11g
Sodium 0.28g	Sodium 1.4g



Formula 1
One perfect healthy meal every day

Herbalife Core Nutrition



Formula 2
Essential vitamins and minerals



Fibre and Herb Tablets
Helps optimise your digestive health

Formula 1 Nutritional Value



= **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)



Core Nutrition Vs. . .



Cost: £2.40
Calories: 390
Protein: 28.1g
Carbohydrates: 40.8g
Sugar: 4g
Fat: 13g
Salt: 1.2g
Fibre 6.1g



Cost: £1.19
Calories: 210
Protein: 0g
Carbohydrates: 10.6g
Sugar: 10.6g
Fat: 0g
Salt: 0g
Fibre 0g



Cost: £0.60
Calories: 180
Protein: 1.7g
Carbohydrates: 15.1g
Sugar: 0.2g
Fat: 13g
Salt: 0.2g
Fibre 1.2g

Total Cost = £4.19
Total Calories = 780

Herbalife = £2.55
Herbalife = 217

Replacing just this one meal per day,
over a year you would save:

£598.60

&

205,495 Calories

(equivalent of 366 hours on the treadmill . . .
& 10-14lbs of FAT LOSS!))





I Used To

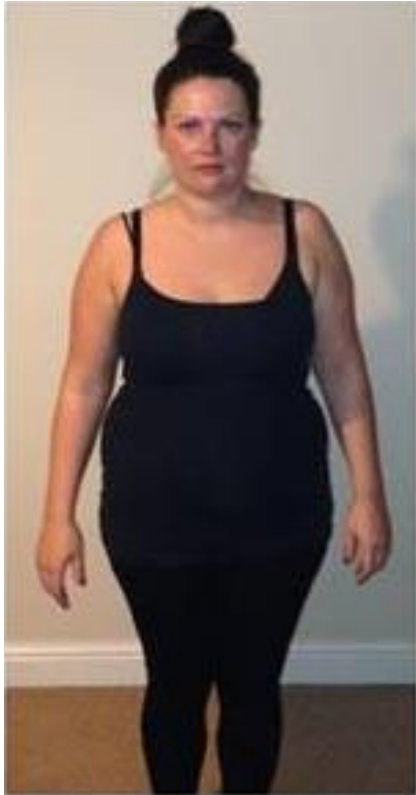
- Eat beef curry for breakfast
- Sleep in the afternoon
- Work 70+ hours a week
- Lead a party life
- Hardly see my daughter



Now I

- Have a shake for breakfast
- Have bags of energy
- Lead a healthy active lifestyle
- See my daughter when I want.

I Used To



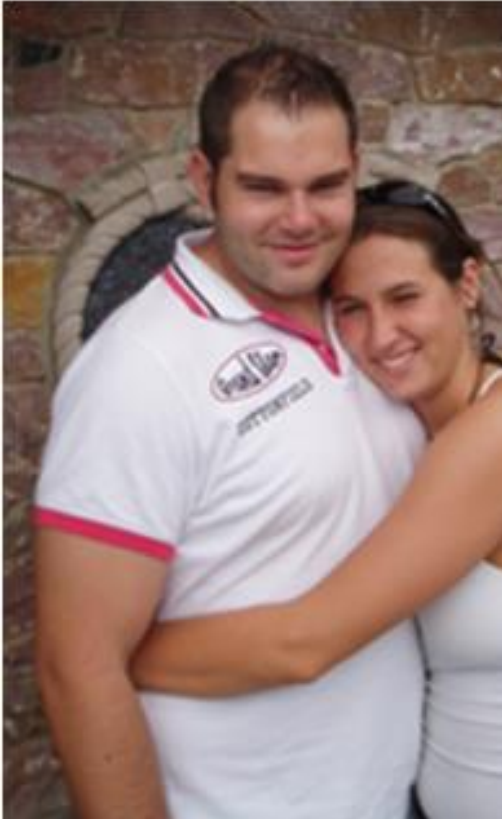
- Eat lots of white carbs.
- Have a sweet treat every day.
- Feel lethargic and have no energy for exercise.
- Have an hour and half commute to work (longer if trains were delayed!).

Now I



- Eat clean
- Consume shakes that provide me with optimum nutrition.
- Have plenty of energy for exercise and other things.
- Work hours that suit me and my children.

I Used To



- Exercise loads
- Eat loads of junk food
- Not eat any vegetables other than carrots with a roast on Sunday
- Didn't think I could ever get a six pack

Now I



- Still Exercise but not as much.
- Eat balanced healthy meals including vegetables
- Have a Six pack
- Feel awesome



I Used To

- Run & cycle a few times a week
- Eat pasta & pizza
- Work at a desk
- Pay for child care
- Be tired in the evening



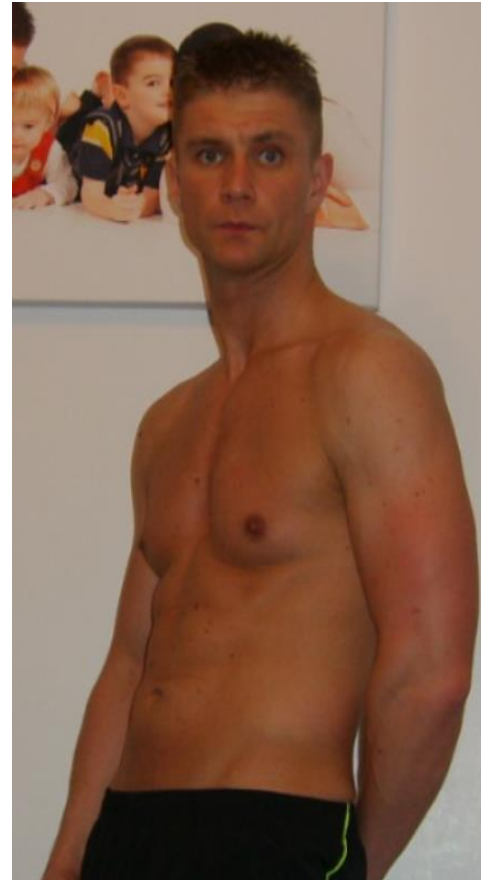
Now I

- Have a shake for breakfast
- Have bags of energy
- Lead a Healthy Active Lifestyle
- Have no child care costs



I Used To ...

- Eat Cereal for breakfast.
- Fall asleep at 5pm on the sofa.
- Burn out after 30 mins of sparring at Thai Boxing.
- Eat take away 2 or 3 times per week.



Now I ...

- Have a shake for breakfast.
- Still have an abundance of energy at 5pm.
- Can last well over an hour sparring.
- Eat clean, Lead a healthy active lifestyle & feel amazing.

I Used To



- Be a Yo-Yo dieter
- Start a new diet every Monday
- Be a comfort eater
- Get ill ALOT
- Feel very tired all the time
- Eat convenient food
- Drink every weekend
- Have low self-esteem

Now I



- Take Herbalife products every day along with regular balanced meals
- Feel full of energy ALL THE TIME
- Go the gym
- Very rarely get ill
- Get compliments
- Feel more confident
- Eat clean



HERBALIFE

Independent Distributor

Wellness Profile – Support

You are not on your own.
We are here to help at
every step of your journey
providing

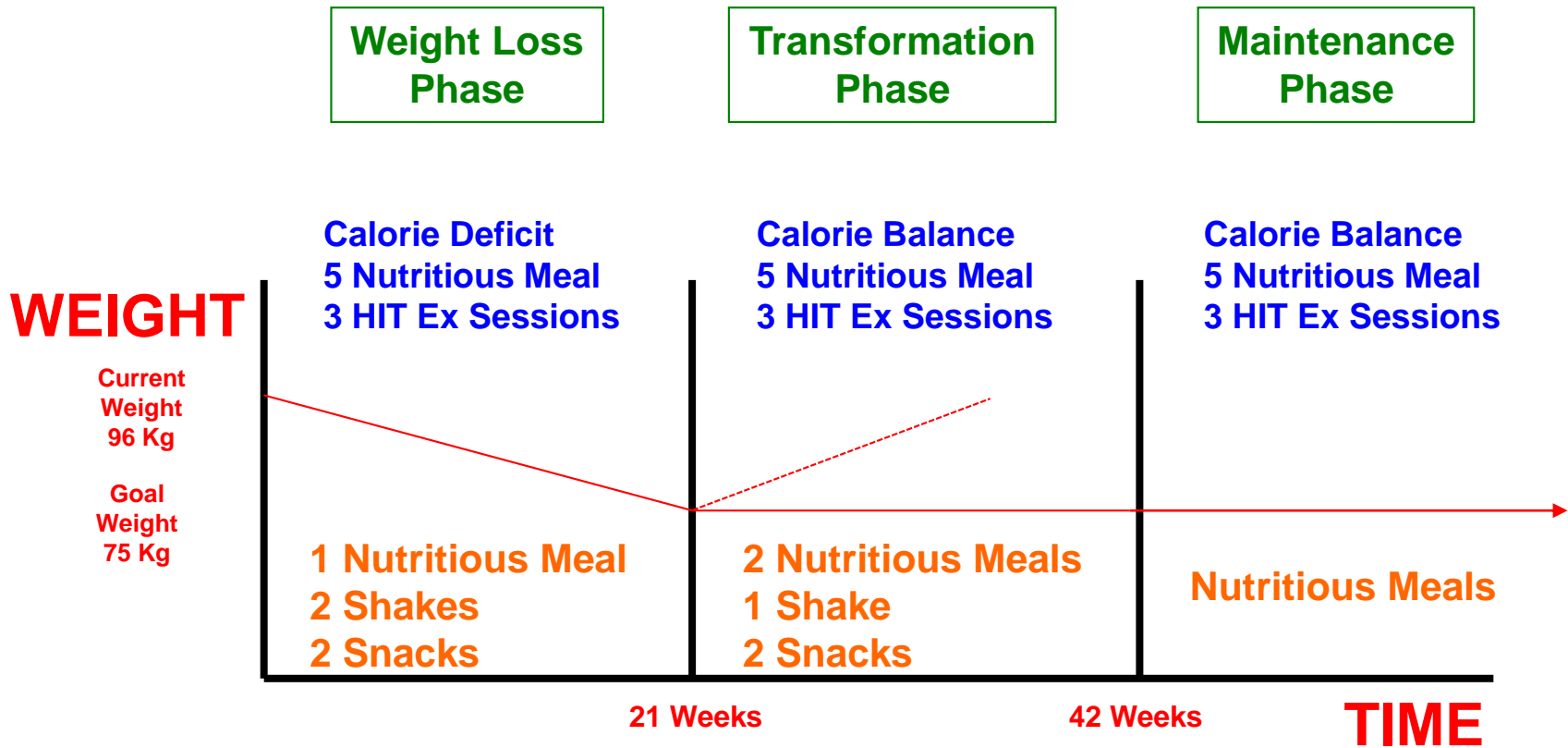
Unlimited Support



HERBALIFE.

Independent Distributor

Wellness Profile – Journey to H.A.L



Wellness Profile – Our Testimonials



Over 14% of bodyweight lost



Over 6% of bodyweight lost

Herbalife Programmes – Healthy Breakfast



£48.80

- Better balanced breakfast
- Formula 1 nutrition to **fuel your body**
- Herbal Beverage for **energy and hydration**
- Additional Options:



£34.05



£33.20

Herbalife Programmes - Wellness



£82.60

- Perfect balanced breakfast
- **100% RDA's**
- Contribute towards **daily fibre requirement**
- Additional Options:



£34.05

£33.20

Herbalife Programmes – Weight Loss



£145.05

- 2 perfect balanced meals
- **100% RDA's**
- **£5-7 per day**
- Additional Options:



£23.80



£14.75



£33.20

Herbalife Programmes – Complete Weight Loss



£168.85



- 2 perfect balanced meals & snacks
- 100% RDA's
- £5-7 per day
- Additional Options:



£33.200 £14.75

Herbalife Programmes – Product Trials

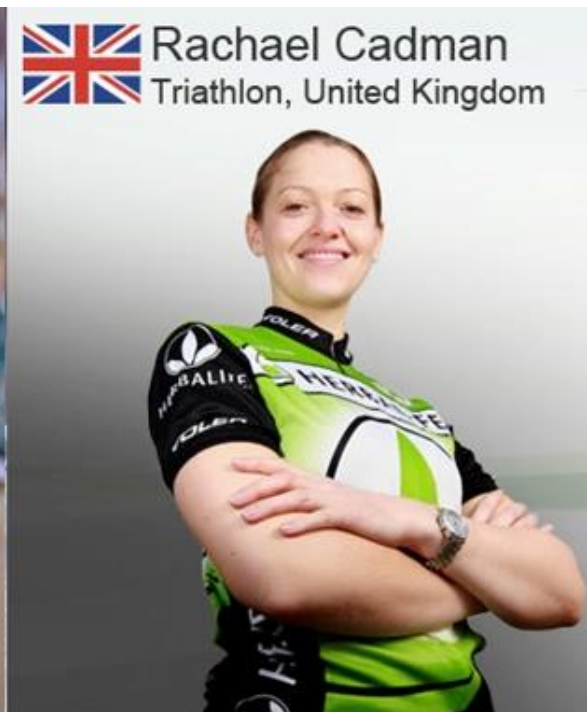


- 3 Day Weight Loss Trial

or

- 6 Day Healthy Breakfast Trial

£12



Rachael Cadman
Triathlon, United Kingdom

Let's do it!

Which programme is going to work best for you?

**Now we hand you back to Your Wellness Coach
Congratulation's on tacking the first step to a
fitter healthier you!**

A goal without a plan is just a wish

GOALS ARE DREAMS WITH DEADLINES!

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

HERBALIFE 24 NUTRITION FOR THE DAILY ATHLETE

SET GOAL

MAKE PLAN

GET TO WORK

STICK TO IT

REACH GOAL

The Mission is Nutrition

WHAT ARE YOUR HEALTH GOALS?