



Introduction to Wellness Presentation

How good is your diet?

- Do you have a balanced diet?
- Are you allocating enough time to eat well?
- Do you know what you are eating?
- Calorie, fat and sugar content?
- Nutritionally valuable?
- **Most people think they do have a balanced diet.**
- **Evidence shows that many of us are eating poorly.**
- **By choice or due to our lifestyles.**

How good is your diet?

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

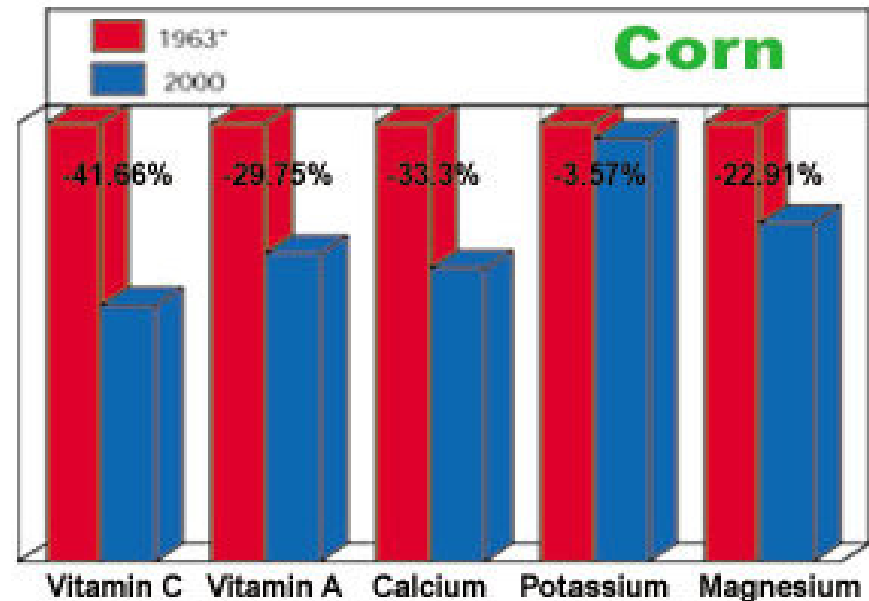
- Average Kiwi diet contains approximately 4,000 calories per Day.
- Over half of the population are over their ideal weight.



How good is your diet?

- **Even when we try to eat well, what we eat may not have the best nutritional value.**
- Major decline in mineral and vitamin content over the last 30 years.

(USDA Study)



How good is your diet?

- **Our Food choices may contain high caloric value and low nutritional value, even a traditional meal... Let alone fast food!**
- Spaghetti Bolognese 720
- Sweet and sour chicken 480
- Steak and kidney pie with chips 820
- Sirloin steak with fries 860
- Chicken curry 700



How good is your diet?

Many of us haven't got the time to eat well or prepare a good balanced meal everyday.



How good is your diet?

- **How about lunch?**

On a Survey conducted in the *UK they found:

- Over half the workforce (57%) take less than 30 min.
- 62% of those surveyed said they skipped lunch or lunched at their desk at least once a week.
- 20% never take a lunch break at all.

*International Congress and Marketing (ICM)



How good is your diet?

- **Is your Breakfast giving you what you need?**
- Your body is asking to be refuelled...

Toast with jam and coffee:



If you **begin your day with carbs**, you get yourself into a vicious circle of wanting to have more carbs during the day with “no easy way out”.

Skipping breakfast: Your blood sugar level drops and you feel hungry, which makes you seek simple carbohydrates.

Do you have a healthy lifestyle?

- **Do you...**
- **Allocate time for daily physical activity ?**
- **Spend too much time behind your desk or computer?**
- **Smoke or drink alcohol?**
- **Rely on coffee or power drinks to pick you up?**

Are you leading an active lifestyle?

- **For long term good health we need a balanced diet and an active lifestyle.**
- Physical activity for at least 30 min a day.
- Due to technological advances and inter-connected way of living many now live more sedentary lives.



Health impact on Business

- Research by the International Labour Office (ILO) has found that:
- Inadequate nourishment can cut productivity by up to 20%
- Iron deficiency, which affects 66-80% of the world's population, is associated with weakness, sluggishness and lack of co-ordination.
- Poor nutrition is tied to absenteeism, sickness & low morale.

What to do?

- I love my food...
- I'd like to make some changes...
- But I don't want to give up my lifestyle completely and I don't have the time...



GREAT NEWS!

- **We know how to do it!**
- With Herbalife we can change our diets without radically changing our diets or lifestyle!
- A Herbalife meal replacement shake/smoothie contains approx. 220 calories.
- Maintain or lose weight while sustaining your energy levels!
- Hydrate your body while recharging your system!



Results in the workplace!

(New Zealand)

- **Neil Garnham.** regularly suffered from Sinus, Migraines Flu's, and colds.
- None for the last 3 years!
- No time off work!
- Lost 15 kg in 20 weeks, kept it off!



Results in the workplace!

(New Zealand)

- **Stephen Haymes**, suffered with asthma, chronic hay fever and regular chest infections resulting in time off work.
- No longer have asthma or hay fever symptoms or time off work!
- Lost 20 kg in 4 months and kept it off for over 7 years!



Results in the workplace!

(New Zealand)

- **Tracey Isle** suffered from crippling work related neck and shoulder pains.
- In 3 days bounding out of bed with no pain and increased energy!
- Lost 5kg in a month and I feel amazingly well!



Results in the workplace!

(New Zealand)

- **Jodie Peters**, struggled everyday with arthritis in his feet
- As a builder now able to move freely around jobsites!
- Lost 10 kgs!



Herbalife delivers Results

Herbalife is not to be used as a treatment or medication..



What and who is Herbalife.

- Founded in February 1980
- Los Angeles California (USA)
- 73 Countries
- Over 65 million customers
- Publicly Listed on the NYSE
- High caliber scientific and advisory board

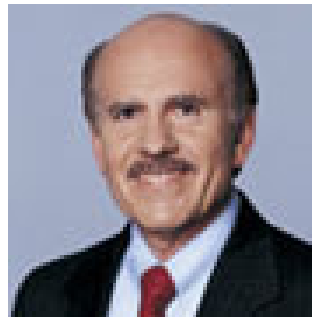


Medical & Scientific Advisors



Dr. David Heber

Chairman of
Herbalife Medical Advisory Boards
Director of UCLA Centre for
Human Nutrition



Dr. Louis J. Ignarro

Nutrition and
Scientific Advisory Boards
1998 Nobel laureate



Dr. Luigi G

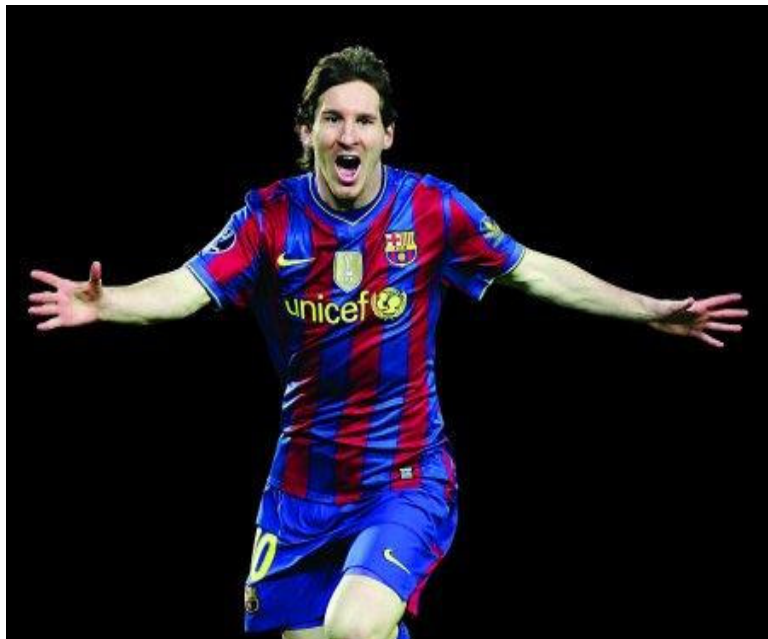
Medical Affairs and
Education



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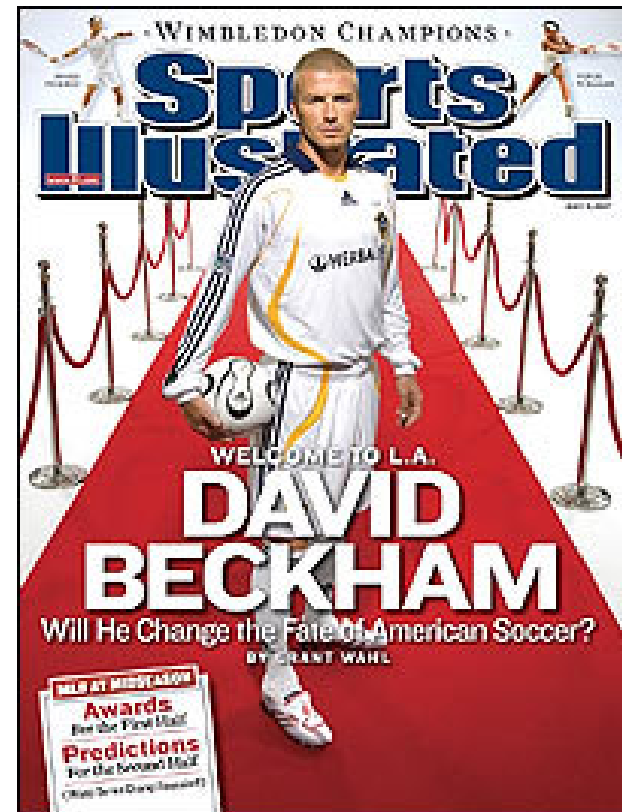
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Feel the difference!**

