

# PERSONAL WELLNESS COACH

Ask for your **FREE** evaluation.

Have You Had Your **SHAKE** Today?

Feel GREAT Everyday



Our Service is **FREE**

Your **RESULTS** are **PRICELESS**

Call Ashraf & Ayesha  
Get Started **TODAY!!**

**07 3341 2111**

## Shaping the NEW YOU

- Lose / Gain/ Maintain Weight
- Look & Feel AMAZING
- Gain ENERGY
- Sports Nutrition
- Mum's & Children
- Skin Health
- Digestive Health
- MUCH MUCH MORE

What we do: Change People's Lives

Who we are: Wellness Coaches

Working with a Premier Nutrition & Weight Management Company

- Over 30 years of SUCCESS on the World Market
- 81 Countries , 81 Governments & counting
- Public Company—New York Stock Exchange (HLF)
- 2011 US\$5.40 Billion global sales
- 100% 30 Day Money Back Guarantee
- Doctor Formulated, scientific proven products
- Focussing on Customer's unique needs
- Helping our Communities and our environment

Maximise your Health with

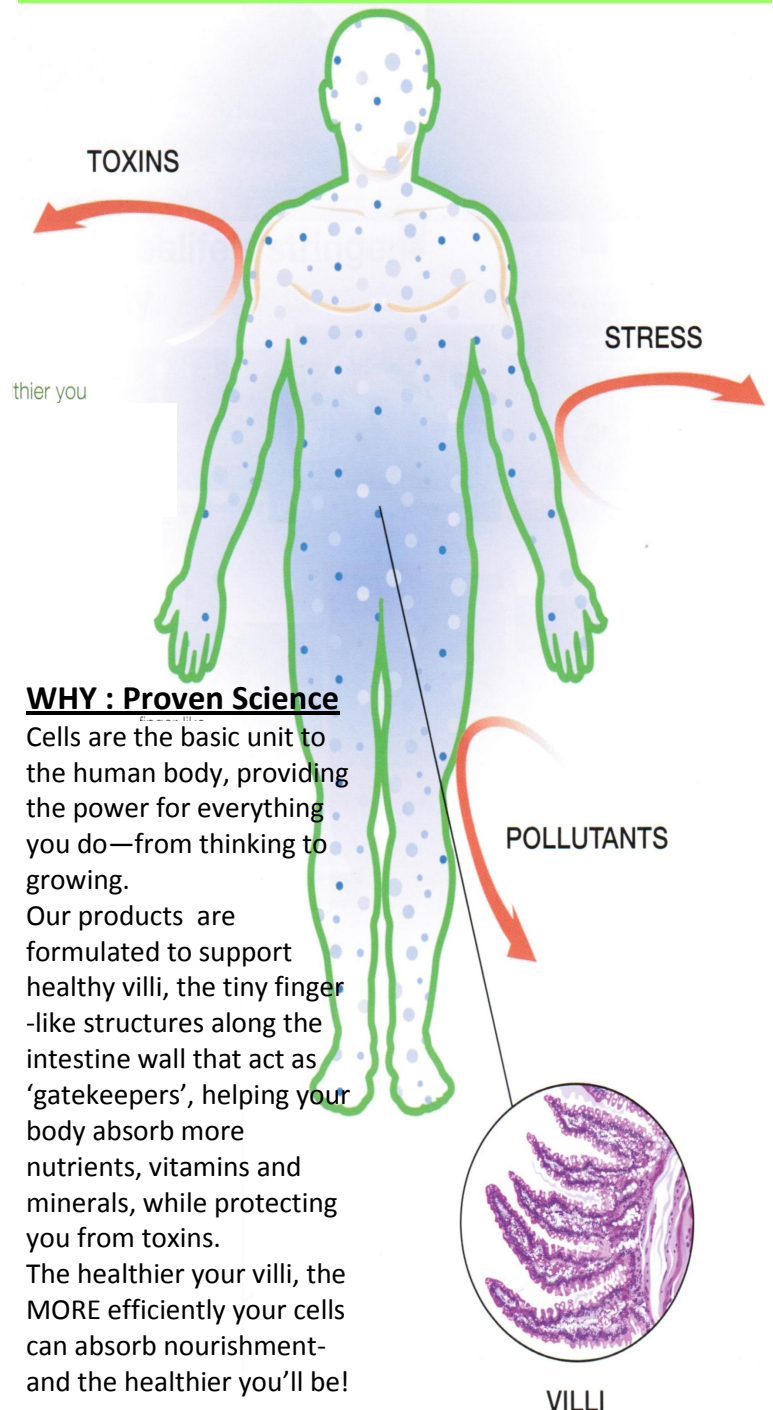
Cellular Nutrition

The Foundation of Healthy Living



Get started within 5 days & receive a **FREE** Starter Pack worth \$16

Cellular Nutrition: WHY ??  
Why is Cellular Nutrition Different ??



# Changing People's Lives One Person at a Time

Whether your goal is achieving healthy weight, increasing your ENERGY, maximising nutrition or nourishing your skin and hair, we can help you find a solution.

If you are SERIOUS, just let us know, so we can help personalise a program at your budget!



The Doctors at Herbalife Cellular & Molecular Nutrition Laboratories (UCLA) have specifically designed a number of ready-to-use programmes that give you the perfect 1-2-3 Steps to better you!!

	<u>Nutrients</u>	<u>Smoothie</u>	<u>Main Meal</u>
<u>LOSE</u>	3 x Day	2	1
<u>GAIN</u>	3 x Day	3	3+
<u>Maintain</u>	3 x Day	1—2	2—1

2+ litres WATER; 1 or 2 protein snacks;  
2—4 cups FAT Burning Tea

Start your day  
the right way!

## Healthy Breakfast only \$4.99!

The essentials of Daily Nutrition...

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Herbal Aloe Concentrate
- Instant Herbal Beverage
- Personalized Protein Powder

It's fun, yummy & simple, delicious & Nutritious  
- Everything you need for the Perfect Breakfast

TGA; DSA; Suitable for Halal Diet



DID YOU KNOW?...

After 8-12 hours overnight without food, your body needs fuel to refuel its glucose levels.

Without breakfast your brain and your muscles will not have enough energy they need to maintain activity throughout the day.

### FACT

- A healthy meal for balanced nutrition
- Contains up to 18g Protein
- Healthy POWER Brekky approx 250 Cal
- Rich in essential vitamins & minerals
- No saturated fat
- 2.3g fibre for Digestive health
- Low GI Carbohydrate
- Range of GREAT flavours

## Some of the FANATSTIC Easy Results...guaranteed

We offer many FREE services, work with all communities

See many more of our results at [www.localweightlosschallenge.net](http://www.localweightlosschallenge.net)



Morgan  
LOST 30 KG!



FARID  
LOST 51 KG!



Chris & Johanna  
LOST 51 KG!





**For AMAZING results-Stay healthy & in GREAT shape FOREVER**

You chose month by month what program you want. Our Customer Care & Follow Up keeps you on track  
Until you achieve your GOAL. Our Service is FREE and your Results will be PRICELESS

**Shape Up Program:**

**\$3.50 per meal**

Consists of 4 easy to use starter products and will help you look great in next-to-no-time, without blowing the budget. Also supports hormone balance

- Fast & Easy-low calories with HIGH Nutrition
- Healthy Meal, vit & min & cellulite cm loss

*Super Healthy Breakfast as little as \$3.50 per meal*

**Up to  
2-3 Kg  
Per mth**



**Quickstart Program:**

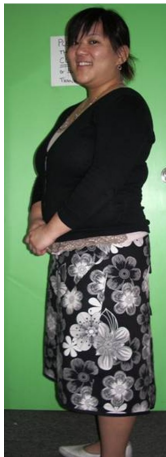
**\$5.50 per healthy meal**

Everything the Shape up has to offer + Helps you quickly & safely dispense poor eating habits & move on to healthier lifestyle

- Metabolism , ENERGY / stamina
- Cravings, fat blockers , hunger control

*Fast, Super Healthy Breakfast as little as \$5.50 per meal*

**FAST  
Upto 3-5kgs  
Per month**



**Irene  
LOST 21 KG!**



**Rafeah  
LOST 17 KG!**



**Sokol  
LOST 20 KG!**



**Ahmad  
LOST 12 KG!**



**Ashraf  
Lost 11.6 KG  
Ultimate  
Program**



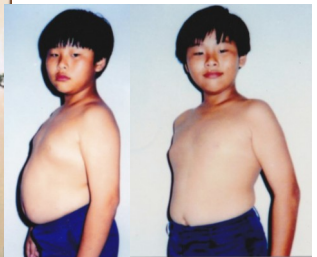
**Nicola  
Lost 35 KG!  
Ultimate  
Program**



Nutrition during pregnancy

Nutrition during breast feeding

**Children's Nutrition**



Lost 4 kg in 2 months

**Fantastic Health-Energy Results**

Also, Sports, muscle gain, skin, Diabetes, Blood Pressure, Digestive/Bowel , Asthma, Allergy , arthritis, hormones, migraine etc

**Advanced Program: FASTER**

**\$6.50 per healthy meal**

Our Advanced takes you one step further, by adding a refreshing drink rich in antioxidants

- Extra boost for metabolism, energy
- Fat burning
- Promotes Lean muscle

*Advanced Program*

*Super Fast, Super Healthy Breakfast as little as \$6.50 per meal*

**FASTER  
Upto 4-6 Kgs  
Weight Loss/mth**



**Ultimate Program: FASTEST**

**ONLY \$7.90 per healthy meal**

The Ultimate Program puts you in complete control as your body reaches it's nutritional balance, careful combination of science & nature work 24hrs a day to great effect. It will help your body reach optimal health & you will begin to reap the full benefits of your NEW Lifestyle

**FASTEST  
upto 5-8 Kgs +  
Per month**



**ULTIMATE Program**

*Super Fast, Super Healthy Breakfast as little as \$7.90 per meal*

**Protein Plus Starter**

The Protein Plus Starter gives you the option to personalise your programme with additional Targeted nutritional supplements and weight management enhancers to suit your individual needs

*Healthy Breakfast  
As little as \$3 per meal*

