

AMANDA &amp; NICK

**Mikhael**

FITNESS ENTHUSIASTS, USA



“I initially started out with wanting to lose body fat and gain muscle. Nick originally wanted to gain muscle, lose fat and have a defined mid-section. Herbalife provided the balanced and optimum nutrition—as well as the convenience—for us to achieve these goals. We weight-train three days a week and do cardio on opposing days, which has proven to be a great combination that keeps our body fat low and doesn’t take a lot of time out of our schedules.”

**How We Did It**

- ★ Munch on Herbalife’s delicious protein bars for added fuel.
- ★ Start out with a small goal such as a 90-day plan rather than an all-or-nothing attitude, so that working out doesn’t seem daunting.
- ★ Try adding music to your routine with an MP3 player to make your exercise more enjoyable.

**PRODUCT MUSTS**

- ShapeWorks™ Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex, Formula 3 Personalized Protein Powder
- Herbal Concentrate
- Niteworks™
- Herbal Aloe Drink
- Herbalifeline®