



ACTIVE LIVING

MICHAEL O. Johnson

TRIATHLETE, USA

“I’ve been doing triathlons for almost fifteen years now. This year, I wasn’t quite as prepared for the Malibu Triathlon as I would’ve liked, because I was traveling so much. I’m a competitive person and I prefer to be at the top of my game, so going into the race, I had a bit of trepidation that I hadn’t trained enough. The ocean was really choppy, making the swim exceptionally difficult, and when I got out, my mind-set was that I had blown the whole race. But I actually won for my category and I was absolutely shocked! The only thing that changed in my routine was taking ShapeWorks™, Niteworks™ and other Herbalife products, which helped optimize my performance by delivering key nutrients and protein that my body needed to excel.”

How I Did It

- ★ Niteworks™ is a dream product—it’s incredible for building cardiovascular strength.*
- ★ Always be sure to bring products with you when you travel and find a way to work out either at the hotel gym or a park nearby.
- ★ ShapeWorks™ helps me stay lean, keeps my body fat low and boosts my protein to build muscle.

PRODUCT MUSTS

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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.