

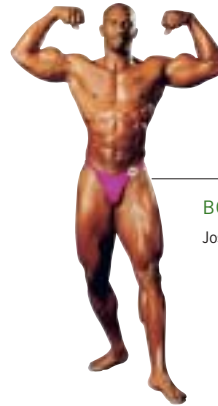
Active Lifestyle

Powered by Sports Nutrition Science

If you want to gain the competitive edge, get the most out of your sport's performance and provide your body with optimum nutrition, Herbalife is for you. Take a look at the variety of athlete's we're featuring in this journal who have taken their performance to the next level thanks to Herbalife. Read their stories and find out how Herbalife helped them become big winners in their sport of choice. You could be next!



MARATHON
RUNNER
Scott Wilbur, USA



BODYBUILDER
Joseph Davis, USA



TRIATHLETE
Katie Felker, USA



MARATHON
RUNNER
Simon Baaij,
The Netherlands



MARTIAL ARTS
Louis D'Orsaneo, USA



BODYBUILDER
John McGowan, USA



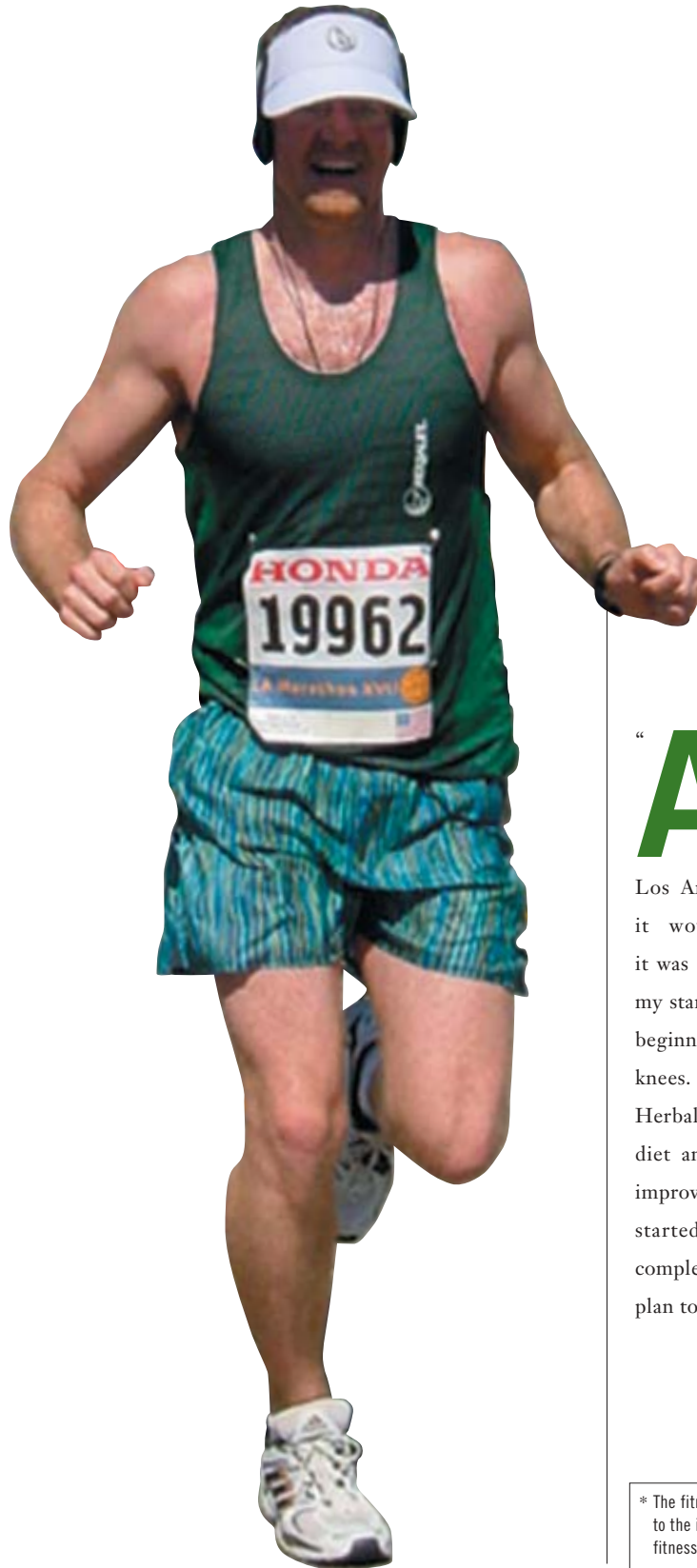
FITNESS
PROFESSIONAL
Nancy Rogers, USA

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MARATHON RUNNER

Scott Wilbur, USA



“**A**fter I completed my 15th Los Angeles marathon, I decided it would be my last because it was taking me longer to recover, my stamina was lessening and I was beginning to have problems with my knees. My brother suggested I take Herbalife’s products to improve my diet and nutrition in an effort to improve my overall health. Since I started taking Herbalife, I’ve completed two more marathons and plan to keep going.”*

* The fitness-results testimonials presented are applicable to the individuals depicted and are not a guarantee of your fitness results nor are they typical.



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TRIATHLETE

Katie Felker, USA

FIT FACTS

FOOD DIARY: Breakfast: Toast and a Thermojetics® Formula 1 Protein Drink with strawberries and bananas. Lunch: Thermojetics® Performance Protein Powder in a drink and a salad. Afternoon snack: Thermojetics® HPLC Soy Nuts with Cardia® Salt and Thermojetics® HPLC Drink Mix in Peach Mango. Dinner: Chicken with pasta or rice and vegetables or a salad. "For dessert I indulge in a serving of frozen fruit pudding."

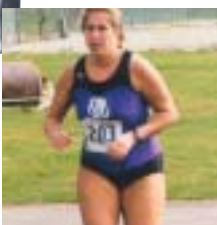
INNER NUTRITION: Cell-U-Loss®, Herbalifeline®, N-R-G, Thermojetics® Herbal Concentrate, Thermo-Bond®, Thermojetics® HPLC Bars.

OUTER NUTRITION®: Herbal Aloe Everyday Soothing Gel.

KEY MOTIVATOR: "Talking with my Distributors to learn about the products."

FITNESS TIP: "Keep your goals in sight...and make little changes." Favorite activity: "Triathlons—and anything else that gets the blood flowing, adrenaline pumping and endorphins releasing!"

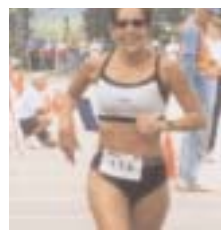
AFTER: 145 POUNDS



BEFORE: 160 POUNDS



"I HAD THE DRIVE, BUT LACKED THE ENERGY."



With a vigorous three-to-five-day-a-week training schedule, Katie Felker certainly had the discipline and determination to compete in triathlons and other athletic events. But even in her great physical condition, Katie battled morning headaches and nausea. Frustrated, Katie sought sports and fitness products that would help increase her energy levels, maintain a healthy stress level and, most importantly, peak her athletic performance.

"I MADE WELLNESS MY NUMBER-ONE PRIORITY." To help better manage her eating habits and further curb her tendency toward sugar, Katie first incorporated

the Thermojetics® Green Weight-Management Program into her training regimen. Within days, her energy skyrocketed. "My times improved tremendously, which led to my best finishes ever," recalls Katie. In a triathlon just last summer, Katie finished ninth out of 190 women. And last fall, Katie completed a half-marathon in her best time ever at 1 hour and 39 minutes—and finished 15th out of 480!



"I LOOK AND FEEL LIKE A TRIATHLETE!"

As a triathlete and physical-education teacher, the concept of health and wellness holds a deeper meaning for Katie. "Because I teach the importance of an active and healthy lifestyle, it's imperative that I also live that lifestyle," she stresses. And live it she does. Katie is currently training for the Country Music half-marathon in Tennessee and several triathlons in the Wisconsin area. "My ultimate goal is to compete in the IRONMAN Madison Triathlon in the fall of 2004," beams Katie. "And with Herbalife, I'll be there!"*

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MARTIAL ARTS

Louis D'Orsaneo, USA



“**U**sing the Herbalife Program, I was able to see more definition in my muscles and I experienced an increased level of endurance, enhanced flexibility and improved recovery time. I remember being tender and sore before I got on the products, but these days I never get joint or muscle injuries and I no longer have problems with lactic acid buildup.”*

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1998 MRS. MINNESOTA (USA) FITNESS
1998-99 MRS. AMERICAN FITNESS
NATIONAL BRONZE MEDALIST

Nancy Rogers, USA



“**N**ot only have I increased the amount of weight I’m able to lift, but I’ve also found that my recovery rate after a workout has greatly improved.”*

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AFTER: 165 POUNDS

“MY STAMINA IS SECOND TO NONE!”

Since he was 18, John McGowan had pumped his muscles at his local gym, content to keep in shape. In May 2002, 23 years later, his body and his world changed. At 5 feet 7 inches and 181 pounds, he was big, bulky, buffed and besieged by friends and his wife, Tammy, to strut his stuff in a bodybuilding competition. A five-year Herbalife devotee, John took their urging seriously—and enhanced it one step further. That’s how he became second to none.

“I AM PUMPED UP ABOUT HERBALIFE!”

That important step, a targeted, natural Herbalife approach to bodybuilding, poised John to move from the ranks of local gym bodybuilder to International Natural Bodybuilding Federation champion. His first show was his first win. Contoured with the help of the Thermojetics® Gold HPLC Program and other targeted Herbalife products, a robust John, at 41, muscled out 14 world competitors, all about five to 10 years younger. “Thanks to Herbalife, my skin tone and muscle detail are what made me stand out from the mass,” he says of his winning physique. “It provided me with the stamina to keep going. I feel the results and the judges and fans saw them.”



BEFORE: 181 POUNDS

“I ACHIEVED MY PERFECT GOAL.”

His gym pals used to call him a gym rat. Now they call him “Statue Man.” That’s because John’s Herbalife strategy resulted in an enviable, non-sweaty, non-shaky poise and pose that perfectly showcased his striated muscles. In five weeks he had dropped weight to 165 pounds, his body mass leaned from 5.5% to 2% body fat and his waist trimmed from 33 to 29 inches. Enthuses John, “Herbalife products are winners!”*

FIT FACTS

FOOD DIARY: Breakfast: Thermojetics® Gold HPLC Shake. Mid-morning snack: Chicken salad. “I made sure I ate some form of protein with my salad.” Lunch: A Thermojetics® Gold HPLC shake, tuna or chicken salad. Mid-afternoon snack: Thermojetics® Gold HPLC Bar. Dinner: Chicken or tuna salad. Evening snack: Thermojetics® Gold HPLC Roasted Soy Nuts with Cardia® Salt. “I made sure to stay hydrated with two gallons of Thermojetics® Herbal Concentrate and Herbal Aloe Concentrate.”

ADDITIONAL PRODUCTS: Herbalifeline®, Schizandra Plus, Male Factor 1000®, Joint Support—Glucosamine with Herbs, Herbal Aloe Concentrate, N-R-G.

KEY MOTIVATOR: “I wanted to get into shape just to be able to compete. That was my goal. Winning was a bonus!”

FITNESS TIP: “When you have a reason and a goal, you’re already on your way to being a winner.”

FAVORITE ACTIVITY: “We do a lot of sports, mountain biking, hiking, cross-country skiing, skating, hockey. We relax by going carriage riding with our Clydesdale horses.”

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BODYBUILDER

Joseph Davis, USA



“ I was in great shape, but I couldn't get the definition I wanted for my first bodybuilding contest, and I felt exhausted all the time as a result of the diet I was on. Using Herbalife's products, I lost a considerable amount of fat, which gave me the definition and tone I wanted. In the end, I went on to win 4th place in my bodybuilding contest, and I'm exactly where I want to be.”*

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1999 DUTCH MARATHON
CHAMPIONSHIP
GOLD MEDALIST IN THE
AGE 60-65 CATEGORY

Simon Baaij, The Netherlands



“**T**he nutritional balance in Herbalife’s products turned out to be the exact ratio of protein and carbohydrate recommended for marathon training by my sports physician.”*

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