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## Introduction to Nutrition Clubs

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Nutrition Clubs are social gatherings offering a support community for Herbalife distributors and their customers to focus on good nutrition, activities such as regular exercise and other health and fitness goals in order to achieve their optimum health.

### **Nutrition Clubs are an important resource for independent Herbalife distributors.**

- Nutrition Clubs are a very important tool for some independent Herbalife distributors to support their customers in achieving their personal nutrition goals. In the U.S. alone, there are over 5,900 Herbalife Nutrition Clubs and more than 90,000 worldwide.
- Research shows that healthy habits, including diet and exercise, are best developed and maintained when accompanied by a support structure that values and reinforces those habits.
- Locally owned and operated by independent Herbalife distributors, Nutrition Clubs provide a supportive network to bring people together who have similar health and fitness goals. Nutrition Clubs contribute to building a sense of community and a friendly, social environment among its members.
- With hard work and dedication, thousands of independent distributors have benefited from the equal and accessible economic opportunities provided by Herbalife.

### **Herbalife distributors undergo extensive training before opening a Nutrition Club.**

- One year waiting period and submission of a business plan before signing a new lease or opening a Nutrition Club
- Training sessions will be on the following topics:
  - How to create a budget;
  - How to learn about and comply with local laws; and
  - How to create a business plan
- Herbalife's compliance staff regularly conducts visits to Nutrition Clubs to monitor and ensure compliance with Herbalife's rules and regulations.

### **How does one find a Herbalife Nutrition Club?**

- One of the key benefits of the direct selling channel is the building of one-to-one personal relationships with customers. As such, individuals are personally invited by a Herbalife member or customer to visit their club.

### **Nutrition Clubs provide real value to the communities they serve.**

- Research has determined that Herbalife provides many benefits to members and customers, and to the Latino community in particular.
- The research also shows that Nutrition Clubs "offer genuine value to U.S. Latinos" by providing a social environment that helps promote health.
- According to the same study, "sizeable majorities of customers at Nutrition Clubs report great success with their health goals, including weight loss and higher levels of fitness."
- In addition, a majority of the club operators interviewed rated their experience as "highly satisfying," including because their earnings were consistent with their expectations. Distributors also gained valuable business skills, including people and money management techniques.

For more information, visit [Herbalife.com/StrongerThanEver](https://www.herbalife.com/StrongerThanEver)