



Parker Nutrition, The Daily Shaker

Monthly Newsletter

December 2007
Volume 3

Happy Holidays Kathi !



The holidays are upon us and we've got LOTS to do ...

- Do you have your shopping done? We have AWESOME Holiday Gift Baskets, ranging from \$5 to \$150. Or make one on your own! The baskets are already here, but we're having **special hours DECEMBER 8 and 9 from 10 am to 6 pm** to accomodate everyone's busy schedules. We also have Gift Cards -- great for teachers, baby sitters, house sitters
- It's time to start thinking about your New Year's resolutions. **Do you need to lose weight, gain weight or just need more energy and better health?** This year, let me help you stick to it! If you want to get started now, or want get ready to start on the 1st I can help!

First, if you haven't already, come in for a free body analysis so you know your starting point. I or one of the other Nutrition Coaches can help you set your goals and help you determine what your protein requirements are. Then, come in weekly so we can chart your progress and keep you on track! We'll take a before picture too!

Second, listen to a Weight Management Training call by Dr. Luigi Gratton, the Nutrition Doctor for the L.A. Galaxy soccer team on December 6th at 7 pm MT. 800-755-8083 or 303-262-2193. If that time is inconvenient, call me for the information to listen to the recording.

Third, find an exercise program that works for

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Ways to Save \$\$

Refer three friends to me for a shake, tea and body analysis and receive your next shake and tea for free!!

Ask about our VIP Membership to save 25% to 35%!!

Do you have one of our DVDs or Catalogs that are still in good shape? Each are good for \$1 off of your order.

Daily Shakers Update

**Savor the New Flavor!!
Cafe Latte!!**

you. I have coupons from many local health clubs and personal trainers for you to try out. It's important find a facility and/or person that works with YOUR schedule. I also have some very basic workout equipment available for sale here (priced from \$7 to \$50).

To help you with your workouts, we have our **Energy Drinks on special this month (10% off)**. See the write-ups below and on the linked page to see how great they are!

Everyone here at Parker Nutrition, The Daily Shake is here to help you ... call or come in as often as you need to for support, issues or questions! On Wednesday, December 12 from 4 pm to 7 pm, I hope you can come by for our **Ribbon Cutting Ceremony!** John Brackney, the President of the South Metro Chamber of Commerce will be here at 5, so feel free to visit at any time! It will be a great networking event!

Need to make a quick \$500 before Christmas? It's easy! Call me at 303-61- SHAKE (74253) and/or visit www.ColoradoBigDream.com!

Fitness and Weight Management



Below, Dr. David Heber, M.D., Ph.D, F.A.C.P., F.A.C.N. Chairman of the Herbalife Scientific Board and Medical Advisory Boards, answers questions about Energy & Fitness. Author of The L.A. Shape Diet.

Q: How does metabolism influence weight-loss?

A: Whenever you eat more calories than you burn through exercise and through your metabolism at rest, you will store the extra as fat. So having a higher metabolism can help you maintain your weight by balancing calories in and calories out. Exercises that strengthen your muscles improve your ability to burn calories at rest.

Too cold for a shake?

Ask for a hot chocolate or hot cafe latte with the same nutritional values as the shake!!

Weekly Shake Specials:

Dec 3 - Choc Peppermint Cafe Latte
Dec 10 - Gingerbread Cookie
Dec 17 - Almond Joy
Dec 24 - Butter Pecan
Dec 31 - Elvis Shake

Wellness Evaluations - Free

Call for an appointment!!

Do you want to make healthy choices for yourself, but aren't sure where to begin?

Even when you committ to the right choice, you may need support following through and reaching your goals. That's where your Personal Wellness Coach comes in. The evaluation will take approximately 30 minutes.

Work with your Personal Wellness Coach on maximizing the fundamentals of wellness

- Balance Your Diet
- Weight Mangement
- Regular Exercise
- Drinking Lots of Water
- Personal Nutrition

New Shake Recipe

Protein Pudding Pie !!!

(this is a real pie, not a shake)

1 sm pkg. Instant Pudding
1 3/4 cup Skim Milk
1 cup Formula 1 Shake Mix
1 graham cracker crust (watch out for the ones with Trans Fat)
Fat-free whipped topping

Try all of these great combinations or make up one of your own!
Pistachio Pudding w/ Vanilla

Q: How do Herbalife's Energy & Fitness drinks promote endurance?

A: The natural caffeine in Herbalife's Energy & Fitness drinks (LiftOff™ and NRG Tea) promotes the body's release of fat from its fat cells.* This release of fat spares the body from using all its carbohydrate stores too rapidly.* The carbohydrates are stored in the muscles and liver as glycogen. By helping the body use its carbohydrates more slowly while burning more fat, the caffeine in Liftoff™ effervescent energy drink increases the amount of time that the body can sustain intense exercise.*

Q: Professional cyclists and runners sometimes use caffeinated sports drinks like Liftoff™ before a race. How does caffeine benefit performance?

A: Caffeine improves performance in prolonged events such as cycling and running by increasing the amount of fat released by the fat cells to be burned as energy. In fact, during endurance exercise activities, like running a marathon, the majority of energy used comes from body fat.

*These statements have not been evaluated by the Food and Drug Administration.

Upcoming Events

Parker Nutrition, The Daily Shake is here to educate you and your family about health and wellness. If you would like some information that we are not providing, please let us know.

Dec 4 @ 9 to 11:30 am - [Shake it Up Networking](#)
 Dec 8, 1 pm - Owning your Own Nutrition Club (or working at one)
 Dec 8 & 9 @ 10 am to 6 pm - [Healthy Holiday Open House](#)
 Dec 12, 4 to 7 pm - Ribbon Cutting with South Metro Chamber
 Dec 15, 1 pm - Owning your Own Nutrition Club (or working at one)
 Dec 22, 1 pm - Owning your Own Nutrition Club (or working at one)
 Dec 29, 1 pm - Owning your Own Nutrition Club (or working at one)

Do you want to have a **Weight Loss Challenge at your office** or other facility? We'd love to bring it to you! Just call us to make the arrangements! We can also do a short **Nutrition class** to your group.

Weight Loss Challenge & Free Nutrition Classes STARTING AGAIN IN JANUARY!

REGISTER NOW!!

Classes will start the first week of January on Tuesdays and Saturdays. Additional classes will be added as necessary.

Looking for motivation to lose 10, 25 or 40 lbs? Join a Weight Loss Contest which includes Free Nutrition Classes.

- Free nutritional education to assist in health and wellness.
- Free body analysis to learn your body composition

Formula 1
 Chocolate Pudding w/
 Chocolate Formula 1
 Chocolate Pudding w/ Wild
 Berry Formula 1
 Banana Pudding w/ Vanilla
 Formula 1
 Cheesecake Pudding w/
 Chocolate Formula 1

Mix pudding, milk and formula 1 together until thick. Pour into pie crust and chill for at least 6 hours. Top with fat-free whipped topping. Cut into 8 pieces. Cover and store in refrigerator. Less than 200 calories and 9 grams of protein .. a GREAT, YUMMY snack!

Energy & Fitness Drinks

Great Energy & Fitness Drinks available at 10% off this month!

Liftoff™ is the first portable effervescent energy drink with a mind-body boost.* With an exclusive blend of taurine, guarana, caffeine, Panax ginseng and Ginkgo biloba. Liftoff™ does more than give your body a boost -- it'll also shift your mind into high gear!
*

0 Sugar
 0 Calories
 1 Carb

H3O™ Fitness Drink is a 3-in-1 powder drink mix that quenches thirst and provides:

1. Rapid hydration
2. Sustained energy
3. Powerful antioxidants

Contains a healthier alternative to high-calorie/high-sugar beverages.

Appropriate for those who are thirsty throughout the day, especially active people and exercise enthusiasts.

NRG, or Nature's Raw Guarana is a natural source of caffeine that works to increase mental alertness and improve overall energy to help get you through the

Only \$30 to enter, entry fees = Jackpot!! Come in or call to register.

Two winners will split the jackpot: 1) Competitor who loses the most inches, and competitor who loses the highest percentage of body weight. [More details](#)

Holiday Survival Kits ... available now!

We want to help make the holidays as stress-free as possible! See how we can help!



Holiday Party Survival Kit Deluxe

\$82.15

(\$92.55 after tax and S&H)

Total Control - Boost metabolism, Appetite Suppressant \$32.95

Snack Defense - Manage your sweet tooth, lower carb absorption \$23.50

Thermo-Bond - Feel fuller longer, blocks fat from system \$15.75

Best Defense - Boosts immune system \$9.95

Holiday Party Survival Kit

\$58.65 (**\$67.51 after tax and S&H**)

Total Control - Boost metabolism, Appetite Suppressant \$32.95

Thermo-Bond - Feel fuller longer, blocks fat from system \$15.75

Best Defense - Boosts immune system \$9.95

Holiday Stress Survival Kit

\$27.20 (**\$31.31 after tax and S&H**)

Relax Now - Calm stressed nerves naturally \$13.95

Sleep Now - Regulates the sleep-wake cycle, for a good night's sleep -naturally 13.25

day.

Available in tea mix or tablets.

Quick Links

[Free Member Registration](#)

[Newsletter Archive](#)

[Make \\$500 By Year End](#)

Classifieds

Business Opportunity Meetings for all positions below on Saturdays at 1 pm at the Club (canceled December 1).

Nutritional Office Assistant

Must have outgoing personality, love working with people, be health minded. General office duties, errands, non-smoker, be willing to learn with room for advancement. Part time, 4 hours per day, 5 days a week. \$10 per hour

Nutrition/Wellness Coach

Seeking self-motivated person in the fastest growing wellness company in the industry. Our company needs excited individuals to help others reach their goals. Will train. Full-time and part-time positions at the club are available. Commission only. Bilingual a plus!

Ground Floor Smoothie Shop

Unique in concept and is the fastest growing smoothie shop in the three industries. Low startup costs, high profits. Opening anywhere!!

[Join Our Mailing List!](#)

Other Wellness Coaches at Parker Nutrition ...

Tracy Fox

Take care of your body, because it's the only one you've got!

Changing Lives with Advanced Nutrition!

I hope you and yours have a safe, happy, healthy holiday season!

Kathi Witt, Owner
[Parker Nutrition, The Daily Shake](#)
303-61-SHAKE (72453)
Kathi@ParkerNutrition.com

Tiffany Groth

Rich & Beth Kempel

Carol Brown

Kathy Gephart

**Save
10%**

Good for 10% off of **all Energy & Fitness Drinks** - Liftoff™, H3O™, or NRG Tea.

Discount is available to Parker Nutrition, The Daily Shake members only.

Offer Expires: December 31, 2007

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