



Parker Nutrition, The Daily Shaker

Monthly Newsletter

January 2008
Volume 4

Happy New Year Kathi!

Over the next few days millions of people from around the world will sit down and try to figure out how to make 2008 a better year than they had in 2007.

A large number of people will decide to make a New Year's Resolution or two:

- Lose Weight.
- Maybe they don't need to lose weight but just want to feel better and have more energy.
- Family to be healthier.
- Quit smoking.
- Make extra money to pay off those Christmas bills.

Then there's a tragic group of folks who will think briefly about how they'd like to see things change...but will remember all of the years they've failed ... and will simply do nothing, hoping their "luck" will change for the better.

Two years ago, I made a resolution to lose weight (like every other year). I was over 200 pounds then, but I was determined and willing to listen to my nutrition coach. I'm happy to say that I've lost over 50 pounds and 5 sizes and have been able to keep it off, even during the holiday seasons. This was the first "diet" that actually worked for me and it was easy!

Parker Nutrition, The Daily Shake can help you **make those resolutions happen** in several ways.

First, come in for a FREE Wellness Evaluation. It will only take an hour but will provide invaluable information and base numbers to work from. How do you know where you're going if you don't know where you're starting?! Please call for an appointment so we are sure to devote the appropriate time to you.

Second, join one of the weight loss challenges (see info below). Even if you don't have a lot of weight to lose, having the accountability and support will help you stick to that plan. Along with the contest is a free nutrition class that will teach you how to keep the weight off once you lose it. This class is open to everyone, even if you're not in the contest.

NEW CLUB HOURS

WE WILL BE OPEN ON JANUARY 1!!

Plus, in 2008, in order to better serve you, we are extending our hours:

Mon - Fri: 7 am to 7 pm
Sat: 9 am to 1 pm

or by appointment

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Weight Loss Challenge & Free Nutrition Classes

STARTING IN
JANUARY!

REGISTER NOW!!

Classes will start the first

Third, ask me about how to make \$500 a month (or more)! The Wellness Industry is the fastest growing industry in the world right now. The obesity rate in the US continues to grow. Right now, 25% of our children between the ages of 4 and 19 are overweight. Based on this, our children are the first generation that are not expected to outlive their parents -- SCARY! Herbalife is the number one wellness company in the world and we are dedicated to help change that statistic! Join us either at the club part or full time, or work from home to be an agent of change!

This year, make that resolution happen!

Weight Loss and Weight Management



Our shakes are easy, fast, tasty and most of all, nutritious! Hear from 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, about why ShapeWorks™ Formula 1 shakes are a healthy meal. Dr. Heber also wrote [The L.A. Shape Diet](#).

Q: What are the components that make Formula 1 a healthy, satisfying meal?

A: Formula 1 provides high quality soy protein, healthy carbohydrates, vitamins, minerals, amino acids and other nutrients to provide the cells of your body what they need for optimal health. You will be able to tell the difference from your usual breakfast after the very first shake.

Q: Why is the soy protein in Formula 1 beneficial to both men and women?

A: Yes, the soy protein in Formula 1 is definitely beneficial for both men and women. Numerous scientific studies demonstrate the benefits of soy protein for heart health when included as part of a healthy, low-fat diet, which is why Formula 1 has a healthy heart symbol on every label (except Tropical Fruit flavor, which contains less soy).

Q: How can one product, Formula 1, be ideal for both

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

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](#)

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.

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 commit to the right choice, you may need support following through and reaching your goals. That's where your Personal Wellness Coach

weight loss and weight maintance?

A: Research shows that drinking two shakes a day and eating one healthy meal will lead to weight loss, while having one shake a day will keep the weight off for years. Formula 1 is the ideal meal for everyone, whether they want to lose weight, keep off the weight they have lost or just maintain their naturally healthy weight.

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

**EPIDEMIC OF THE 21ST CENTURY -
OVERWEIGHT, SICK KIDS**

Children who watch TV while eating are twice as likely to eat "junk" food as opposed to fruits and vegetables. Even if children who aren't "fat" are being diagnosed with obesity-related diseases.

Today's sedentary lifestyle for children is raising their risk of obesity, diabetes, osteoporosis and other disorders. It's also been reported that this is the first generation of children not to outlive their parents! Read how you can help this alarming trend!

Today's parents are having their pediatrician tell them that their 11-year old son has Type 2 diabetes or their 16-year-old daughter has osteoporosis. The "out-of-control" lifestyles fashioned by the adults of the past 40 years has led to a 50% increase in the diagnosis of Type 2 diabetes - the kind of diabetes that used to be known as "adult onset" because this obesity-related disorder wasn't usually diagnosed until age 40 or older!

Making wellness a family affair

If we begin to place an emphasis on eating healthy foods and increasing activity levels in our children, we can reverse these alarming trends. Here are a few guidelines for dealing with overweight children. Be sure the child has been evaluated by a medical doctor to assure there are no reasons why losing weight would be a problem. Children can begin their day with a multivitamin tablet and a shake made with nonfat or soy milk.

Stopping the epidemic

Choose to set the example of picking up an apple instead of an ice-cream bar. Stop smoking. Turn off the television or computer and shoot some hoops with your children or go for a walk. Be sure to take your dog so you won't have a fat dog at risk for disease -- yes, they develop the same diseases as humans! Let's make the 21st century the century of wellness, family values and quality of life. Let's start TODAY!

Children's Wellness Fair

MONDAY, JANUARY 7 from 3 pm to 7 pm
at Parker Nutrition, The Daily Shake

comes in. The evaluation will take approximately 45-60 minutes.

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

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

Your coaches are:

Kathi Witt

Tracy Fox

Tiffany Groth

Rich & Beth Kempel

Carol Brown

Kathy Gephart

Rebekah Welch

**New Shake
Recipe****Lemon Ice Box Pie**

Milk

Formula 1: Vanilla

1 t. Crystal Light

Lemonade

1 t. SF Vanilla Jell-O

Top with Graham

Cracker crumbs

Classifieds

Business Opportunity Meetings for all positions below on Saturdays at 1 pm at the Club.

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

- Information and presentations for parents
- Sampling for children and adults
- Prizes for children!

Daily Shakers Update

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:

January 7 - Tagalong (like the cookie!)
 January 14 - Blueberry Almond Cheesecake
 January 21 - Chocolate Macadamian Cafe Latte
 January 28 - Peaches & Cream

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.

January 5 - 9 am - Weight Loss Challenge - Wk 1
 January 5 - 1 pm - Business Opportunity Meeting
 January 7 - 3 to 7 pm - Children's Wellness Fair
 January 8 - 6 pm - Weight Loss Challenge - Wk 1
 January 12 - 9 am - Weight Loss Challenge - Wk 2
 January 12 - 1 pm - Business Opportunity Meeting
 January 15 - 6 pm - Weight Loss Challenge - Wk 2
 January 19 - 9 am - Weight Loss Challenge - Wk 3
 January 19 - 1 pm - Business Opportunity Meeting
 January 22 - 6 pm - Weight Loss Challenge - Wk 3
 January 26 - 9 am - Weight Loss Challenge - Wk 4
 January 26 - 1 pm - Business Opportunity Meeting
 January 29 - 6 pm - Weight Loss Challenge - Wk 4

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.

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

Changing Lives with Advanced Nutrition!

Happy New Year!

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

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!!

Quick Links

[Free Member Registration](#)

[Newsletter Archive](#)

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

[Join Our Mailing List!](#)

Save 10%

Good for 10% off of **all Weight Loss Enhancers** - Total Control®, Cell-U-Loss®, Aminogen®, Snack Defense™, Thermo-Bond®.

Discount is available to Parker Nutrition, The Daily Shake members only. Not valid with any other offer.

Offer Expires: January 31, 2008

**Save
10%**

Good for 10% off of all **Herbalife Kids - Essential Nutrition** for Healthy, Active Kids. Kindermins, Dinomins or MultiVites vitamins. Kids Shakes in chocolate, vanilla or chocolate.

Discount is available to Parker Nutrition, The Daily Shake members only. Not valid with any other discount.

Offer Expires: January 31, 2008

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Parker Nutrition, The Daily Shake | 17880 Cottonwood Drive | Parker | CO | 80134