

HEALTHY BREAKFAST PRESENTATION

A strong connection has recently been discovered between **bad breakfast** and many **health-related problems**.

As you might know, our body consists of **100 trillion cells** which need **114+ various nutrients & water** during the day.

So, **good health starts at the cellular level**. When your cells are healthy, then so are your organs.

What you ate yesterday consists of two major groups of elements:

1. The **1st** group supplies **energy** (*proteins, fats, carbohydrates*)
You spent the **energy** yesterday when you were **awake** (*work, exercise, school, sports etc*)
2. The **2nd** group supplies **building materials** (*amino acids, vitamins, minerals, microelements, etc*)
Your body used the **building materials** at **night** to regenerate itself. Your body also spent **1 liter of water during the night** through breathing, sweating and morning visit to the bathroom.

So your body wakes up **“empty”** in the morning and on behalf of 100 trillion cells begs you:

“Hey, give me back all the nutrients, energy and water I spent in the last 24 hours”

You may not feel hungry or thirsty in the morning, but it's just a matter of time....

Now (name), very important: What you choose to eat for breakfast can affect your mood, physical and mental performance, weight and your general, long-term health!

SHOW THE HEALTHY BREAKFAST CHART

Read the Breakfast applicable to them:

CARBS-BASED / PROBLEM BREAKFAST

Now, let's see what you are giving your body in the morning:

(Read what they answered in the survey)

NO BREAKFAST

(If person skips breakfast):

Now, let's see what you are giving your body in the morning: Nothing!

(Name), would like to know what a Healthy Breakfast is supposed to be?

Well, it should meet 4 major criteria:

1. **Restore energy** spent in the last 24 hours
2. **Restore building materials** spent during the night
3. Replenish **water** stock
4. And **maintain energy levels** within the normal range

Person will ask – **“Where can I get such a breakfast?”**

If the question wasn't asked, ask it yourself: **“You would surely like to know where you can get such a breakfast, right?”**

From me! Our Company has developed a new program of Healthy Breakfast, which helps the body with many of the above problems and will help you feel absolutely great!

1. Provides the body with all vital nutrients and water
2. Provides more energy from proteins and not all from carbohydrates
3. Balances the body's energy levels

(Refer back to the Chart and read the **Balanced Protein-based Breakfast** information)

Continue: As a bonus, this program helps to:

1. Cleanse the intestine
2. Improve absorption of nutrients
3. And maintain water balance during the day

Ask Referrals:

So (name), do you agree that this is powerful information to help you improve your health?

Would you like me to share this information with 5 of your friends or family members? Will you kindly send them a sms in preparation of my call to them and give me their names and contact no's?

(Write down the name and contact number – and thank them for that!)

I will send you the following sms:

“Hi, what did you have 4 Breakfast? I just had an interesting Free ‘Healthy Breakfast’ presentation with (coach name). U will LOVE it! She will call u.”

Now, let me share my result story...

(Share your personal results and those of others. Start with...“Since I started on this Healthy Breakfast program...”)

So (name), this is our solution to you....

Our basic Healthy Breakfast program consists of 2 parts and costs only ± R20 per Meal:

Firstly, is a 3-Meal breakfast:

1. **Refresh:** Herbal Aloe Concentrate,
2. **Invigorate:** Thermojetics Herbal Concentrate,
3. **Nourish:** Healthy meal Replacement

Secondly, drink 1.5 litre of Thermojetics during the day

Now, I will explain the basic program in detail...



BASIC PROGRAM OF HEALTHY NUTRITION

MORNING

1. Herbal Aloe Concentrate (R200)

First thing in the morning, drink a glass of Herbal Aloe. It's a **great tasting, refreshing beverage** that helps you to achieve the **required fluid** intake each day.

Assists the body's **self-cleansing** action and naturally supports **digestive health**.

Mix 1 ½ cap full with small glass of water



DAYTIME

2. Thermojetics Herbal Beverage (R195)

Next, enjoy a hot or cold **invigorating** drink while you get ready for the day.

Thermojetics contains 80% green tea which helps provide general feeling of **well-being** and is a very **powerful antioxidant**.

Available in 4 flavours and makes a great alternative to tea, coffee or fizzy drinks.



Enjoy 1.5 Litre Thermojetics during the day

3. Formula 1 Nutritional Shake (R287)

So, you have **cleansed** your body with the Aloe and given it an **invigorating** feeling with the thermo.

Now you are ready for your **healthy meal replacement breakfast** - providing you with soy protein, carbohydrates, key vitamins, minerals and fibre **optimally balanced** to help **nourish your body**.

The tasty Herbalife Formula 1 shake is available in 5 delicious flavours, and **easy to prepare**:

Mix two spoonfuls of powder with 250ml water + soy or Yoghurt; or mix with diluted fruit juice; or you can make delicious smoothies!

Help you **feel full** which may help you **snack less!** Will also help **sustain your energy** levels.



It's amazing that every single day over one million shakes are consumed around the world!

These are the 3 main Healthy Breakfast products, total = R682



Great! Now (*name*), all our products are **Scientifically** formulated through 60 doctors and scientists by a company called **Herbalife International**.

Herbalife has **28 years of nutritional experience** and have **millions of satisfied customers**.

Herbalife is the **Official Nutrition Company and Sponsor of the L.A. Galaxy Football team**.

Herbalife also have **targeted solutions** (*Womans & Mens Health, Healthy ageing, Energy & Fitness, etc.*), but we can discuss that at a later stage.

So, now we have fed the body every nutrient it needs to start the day and maintain energy levels...

Next, let's quickly see what you are eating for LUNCH: (*Read what they answered in the survey. If they eat a healthy lunch, compliment them. If not - say...*)

Well, (*name*) I want you to eat lunch of a salad with tuna or any other light lunch of protein and vegetables.... If this is a problem I recommend you have another Nutritional shake. it's quick and easy to prepare and provides your body with all the essential nutrients!

If needed to lose weight: Let's now see what you have for DINNER:

(*Read what they answered in the survey...*)

Ok, well I am going to ask that you eat what you usually eat, just cut back on portion size. Increase lean protein, colourful veggies and cut back on carbs. So you still get to eat the foods you enjoy. I will give you a *Food Groups and Protein Guide* document to help you.

And it is that simple. **You will shape up and feel great and have loads of energy.**

Some general Wellness tips:

- ✓ **What** you eat is just as important as **when** you eat: Breakfast 7-8am / Lunch 12-13pm / Dinner before 7pm. Include two **healthy snacks** during the day - at 10am and 15pm.
- ✓ Do some sort of **exercise** – 30-60 minutes at least 3 x per week. Exercise helps to increase blood flow to your organs and generate more oxygen to your body. It also help reduce stress!
- ✓ Make time to **relax** – at least 10-15 minutes a day where you can distress from your day. Maybe you like reading a book, walk in your garden or take a bath with candles and soft music...
- ✓ **Drink water!** Experts say you should drink 1 glass of water (250ml) for every 10kg you weigh.
- ✓ Watch your alcohol intake as it provides 'empty calories'. If you smoke – try to stop or at least cut down.

Our Commitment to you:

- ✓ We are dedicated in giving our customers good service! I will follow you up to make sure you get your desired results.
- ✓ I will provide support and share with you valuable tips along the way to ensure you look and feel your absolute best!

Close the Sale:

- ✓ So (*name*), that concludes our Healthy Breakfast & Wellness Presentation.
- ✓ Would you like to start with our Healthy Breakfast program?
- ✓ Would you like to include your family as well?
- ✓ We have different flavours of shake and thermo's – which flavour would you like?
- ✓ How would you like to pay? I accept bank transfer, cash or a cash cheque.