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# Herbalife Employees Lose Over 500 Lbs in Challenge

LOS ANGELES--(BUSINESS WIRE)--

With an average weight loss of almost nine pounds each, 59 employees from Herbalife's Los Angeles offices completed a 12-week weight loss challenge and dropped a total of 526 lbs.

Mike Gomez had the highest percentage of total weight loss, 13.46 percent. In second and third place were Esteban Delgado, who lost 13.16 percent and Alvaro Lemus, who lost 11.20 percent of his starting weight.(1)

The challenge included educational sessions, bi-weekly weigh-ins, and peer motivation. Participants were also able to use the company's nutrition products, which are available to all employees. "The program really helped me focus and my co-workers gave me a lot of support to make it through the challenge," said Gomez, who lost 27 lbs and now weighs 174. "I learned how to read the labels on the foods I was eating."

The challenge is part of Herbalife's employee wellness program, now in its third year, which also includes nutrition and fitness education; an on-site gym; cafe with subsidized menu; yoga and walking classes; ping pong tournaments; tennis and basketball leagues; and a Pump It Up dance machine.

Employees also compete on Team Herbalife in the Los Angeles Triathlon in September. In January, Herbalife was named one of the 15 fittest companies in America by Men's Fitness magazine. Men's Fitness selected these companies based on access to state-of-the-art gym and fitness facilities, cafeterias with health- and nutrition-minded menus, preventative medical care, and programs for losing weight and quitting smoking, and rewards for staying in shape. The employee wellness program was also the winning entry of the Direct Selling Association's Success Award 2008.

(1)These results are not typical; individual results vary.

Technorati tags: Herbalife, wellness program, corporate wellness, weight loss

About Herbalife Ltd.

Herbalife Ltd. (NYSE:HLF) is a global network marketing company that sells weight-management, nutrition, and personal care products intended to support a healthy lifestyle. Herbalife products are sold in 65 countries through a network of more than 1.8 million independent distributors. The company supports the Herbalife Family Foundation and its Casa Herbalife program to bring good nutrition to children. Please visit Herbalife Investor Relations for additional financial information.

Source: Herbalife Ltd.