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Herbalife Supports Employees' Life-Changing Triathlon Efforts

Herbalife Ltd. (NYSE:HLF):

WHAT: Life-changing stories and how a company supports them.

While some see the Los Angeles Triathlon as a daunting athletic feat, others see it as a terrific personal accomplishment after making life-altering choices.

The three people below are among the more than 250 Herbalife employees who will participate in the Kaiser Permanente Los Angeles Triathlon presented by Herbalife. Others are participating on relay teams, including the company CEO. It's a 'first' for many. Herbalife supports their efforts with free protein shakes and other company nutrition products; on-premises gym and subsidized cafe; free triathlon training and free event registration.

Available for interview:

Jim Lewis, IT Sr. manager

Lost 130 lbs. over two years. Started losing weight by changing diet and exercising. Lost over 50 lbs. the first year and began training to compete in a triathlon. Completed first triathlon in September 2008, and first Half Ironman this summer. The commitment Herbalife has towards health and wellness and the support of management team and co-workers has greatly contributed to my weight loss.

Kimberly Ricks, Associate Manager

Participating in triathlons has been a catalyst for a lifetime of fitness. The sport has provided specific athletic goals that drive motivation to push through the burn, weight train, run a little bit faster and swim those extra laps! I am grateful to the sport for showing me my own strength and athletic ability that I really didn't know existed prior to this journey. I feel like a whole new person....stronger, more confident and certainly more powerful.

Chantelle Amundson, Online Strategy Associate Manager

Three years ago I was out of shape and pushing my weight category and was incredibly uncomfortable with my body. I did the run segment and got hooked. Then I began a health plan to eat better and train to complete a sprint distance. In the process I lost weight, gained energy and feel so much better about myself! I have competed in five triathlons since.

Where: Los Angeles Triathlon; begins in Venice and ends downtown at L.A. Live

When: Sunday, October 4. Start approx 7:15 a.m in Venice; Award ceremony at 12:30 p.m. at L.A. Live.

For event information, visit www.latriathlon.com

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 70 countries through a network of approximately 1.9 million independent distributors. The company supports the [Herbalife Family Foundation](#) and its Casa Herbalife program to help bring good nutrition to children. Herbalife's Web site contains a significant amount of information about Herbalife, including financial and other information for investors at <http://ir.herbalife.com>. The company encourages investors to visit its Web site from time to time, as information is updated and new information is posted.

Source: Herbalife Ltd.