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# **Herbalife Attempts to Establish GUINNESS WORLD RECORDS(R) Achievement for Most Participants in a High Intensity Interval Training Workout in 24 Hours #WorldWorkout**

**Training Workout Taking Place in Multiple Venues Across the Globe to Promote Healthy, Active Living and Celebrate Company's 35th Anniversary**

HONG KONG, CHINA -- (Marketwired) -- 03/06/15 -- [Herbalife](#), (NYSE: HLF), a global nutrition company, is joining with its members around the world to attempt a new GUINNESS WORLD RECORDS ® achievement for most participants in a High Intensity Interval Training (HIIT) workout in 24-hours.

Thousands of independent Herbalife members -- along with their customers, friends and family -- will host workouts at local Herbalife nutrition clubs, parks and public meeting spaces across 82 countries.

Workouts will start on Saturday, March 7, at 9:00 a.m. local time in cities across the globe, beginning in Auckland, New Zealand. In India alone, more than 40 cities are participating. Other Asian cities participating include: Phnom Penh, Cambodia; Kuala Lumpur, Malaysia and Hong Kong, China. In Seoul, South Korea, more than 1,000 registrants have signed up. In Malaysia, 19 cities have confirmed participation, with Kuala Lumpur citing more than 1,000 registrants. Russia, Italy, Norway, Turkey and Romania will also have 1,000 people participating in each country.

In North America, more than 150 U.S. locations will host workouts, with the largest workouts happening in Los Angeles, Chicago, New York, El Paso and Miami. In Puerto Rico, six groups have registered. And in Mexico more than 20 participating cities have signed up for the workout, including Mexico City, Cuernavaca and Merida.

The flagship workout will be held at Herbalife's LA Live office location in downtown Los Angeles. Herbalife director of fitness education, Samantha Clayton, will lead a workout at Nokia Plaza, LA Live at 9 a.m. local time, with more than 3,000 participants expected.

The event will also serve as a global fundraiser for the Herbalife Family Foundation and its Casa Herbalife Program, which supports and funds more than 100 health and nutrition programs around the world for at-risk and low-income children in underserved areas around the world.

"Herbalife's attempt to set a GUINNESS WORLD RECORDS® achievement was designed to raise awareness about the importance of living a fit and active lifestyle," said Michael Johnson, Herbalife chairman and CEO. "We hope today's workout will inspire communities around the world to exercise and fuel their bodies with healthy nutrition. Today's world record attempt demonstrates our commitment to bold initiatives that inspire others to improve their lives through working out and eating right."

Participants can tweet about the day using the hashtag, #WorldWorkout. For more information visit [WorldRecordWorkout.com](http://WorldRecordWorkout.com).

The day's events also celebrate the company's 35<sup>th</sup> anniversary. Herbalife has been helping people change their lives through improved nutrition and fitness since 1980.

### **Company Logo**

<http://release.media-outreach.com/i/Download/2102>

### **About Herbalife**

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our [nutrition](#), [weight-management](#), [energy and fitness](#) and [personal care products](#) are available exclusively to and through dedicated Independent Herbalife Members in more than 90 countries. We are committed to addressing the global obesity epidemic by offering high-quality products, one-on-one coaching with an Independent Herbalife Member and a community that inspires customers to live a healthy, active life.

We support the Herbalife Family Foundation (HFF) and its Casa Herbalife programs to help bring good nutrition to children in need. We also sponsor more than 250 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, the LA Galaxy and champions in many other sports.

The company has over 7,400 employees worldwide, and its shares are traded on the New York Stock Exchange (NYSE: HLF) with net sales of US\$4.8 billion in 2013.

To learn more visit [herbalife.com](http://herbalife.com)

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