

**Online Showcase**

**Sustainable Weight Management**

**2pm – 4:00pm**

**18<sup>th</sup> February 2026**

# Agenda

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14:00 – Introduction and context – Graham Skinner

14:20 – Simple Online Pharmacy – Abdal Alvi

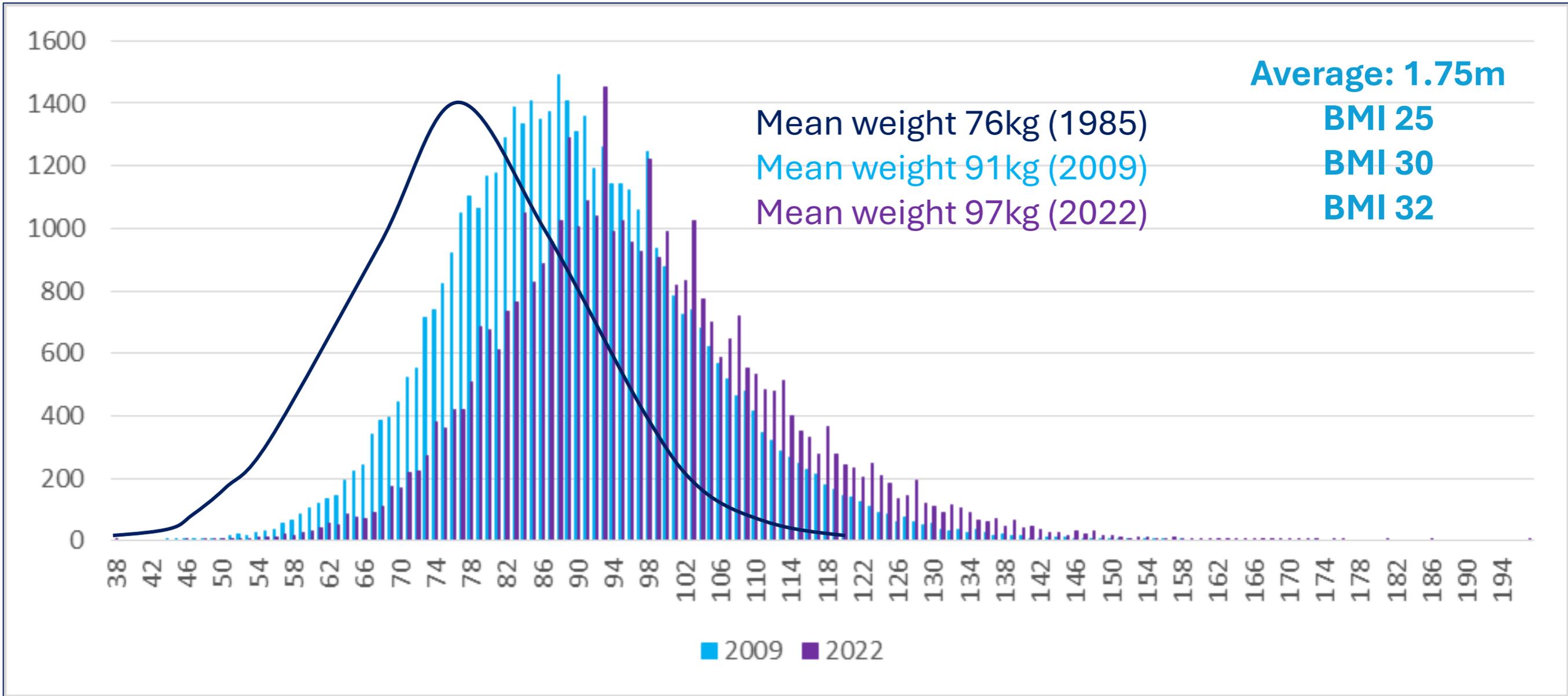
14:35 – Digital Health Consultants Voy - Dr Earim Chaudry

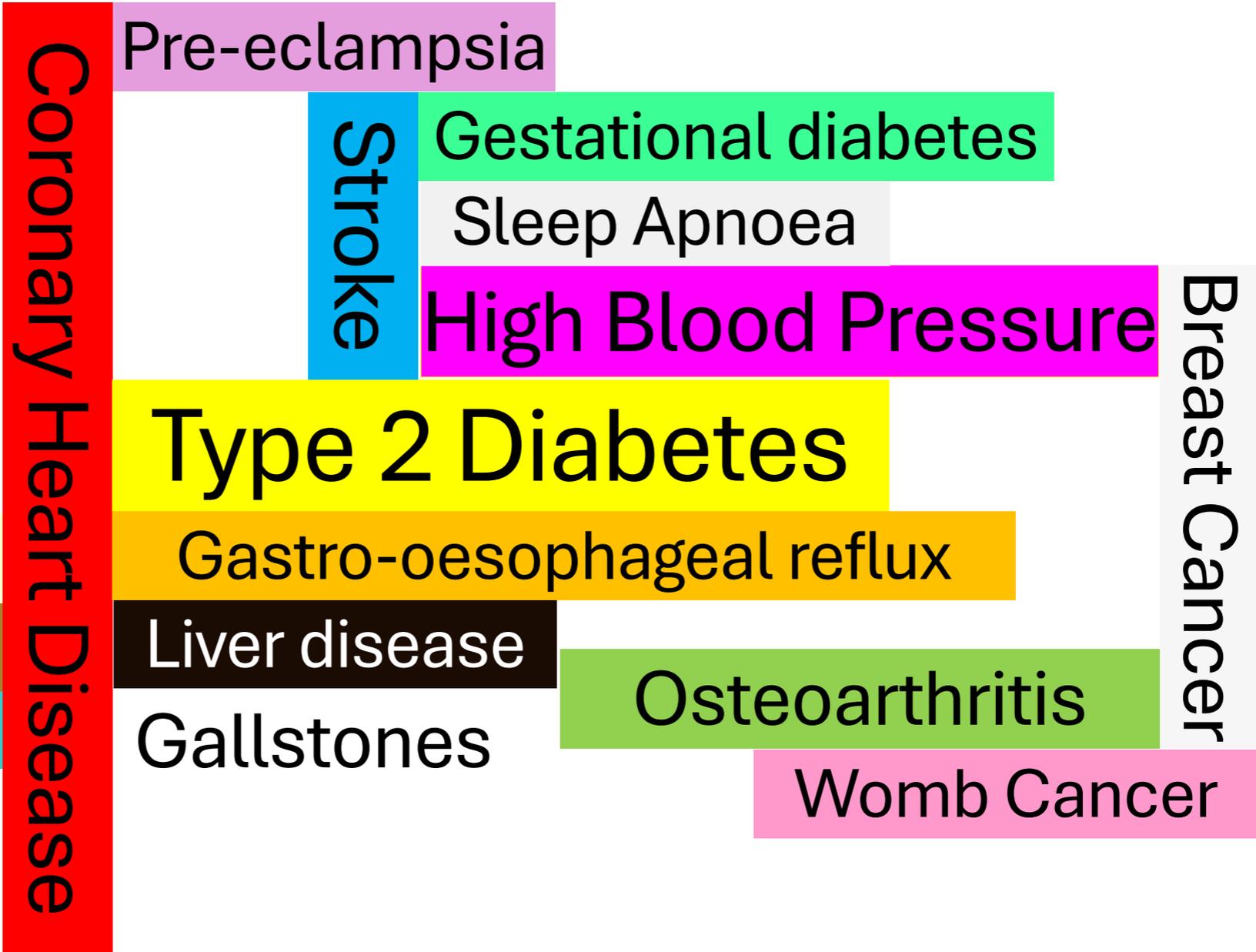
14:50 – Aberdeen Sports Village - Kris McIntosh

15:05– Future Wellness - Darren Boston

15:20 – questions and wrap up – Graham Skinner

## Introduction and context – Graham Skinner





# Industry Safety Weight Limit

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The [Offshore Energies UK \(OEUK\)](#) safe weight limit for offshore workers is **124kg (clothed weight)**, which will be fully implemented from November 1, 2026. This limit is in place for safety reasons, particularly to ensure emergency rescue, as search and rescue helicopter winches have a limited capacity for a single patient. Individuals above this weight will not be issued a standard medical certificate and will be denied travel to offshore installations.

## Key details of the OEUK weight limit

- Limit: 124kg, which is the maximum clothed weight for offshore workers.
- Implementation timeline:
  - **Introduction and awareness**
  - **Transition phase**
  - **Mandatory implementation**
- Reasoning: The limit is driven by safety, primarily the limitations of search and rescue helicopter winches, which have a maximum capacity of approximately 124.7kg for a patient, accounting for the winch operator and equipment.
- Consequences: After November 1, 2026, workers who exceed the limit will not receive an OEUK medical certificate and will not be permitted to travel offshore. Those within certain weight brackets (115-124kg) may receive restricted, time-limited medical certificates to encourage weight loss.
- Enforcement: Compliance will be checked through medicals and heliport procedures.



# Safe Weight Limit for Offshore Installations

The offshore industry is collectively introducing a clothed weight limit...



Marine  
Rescue



Lifeboat  
Loading



Stretcher  
Rescue



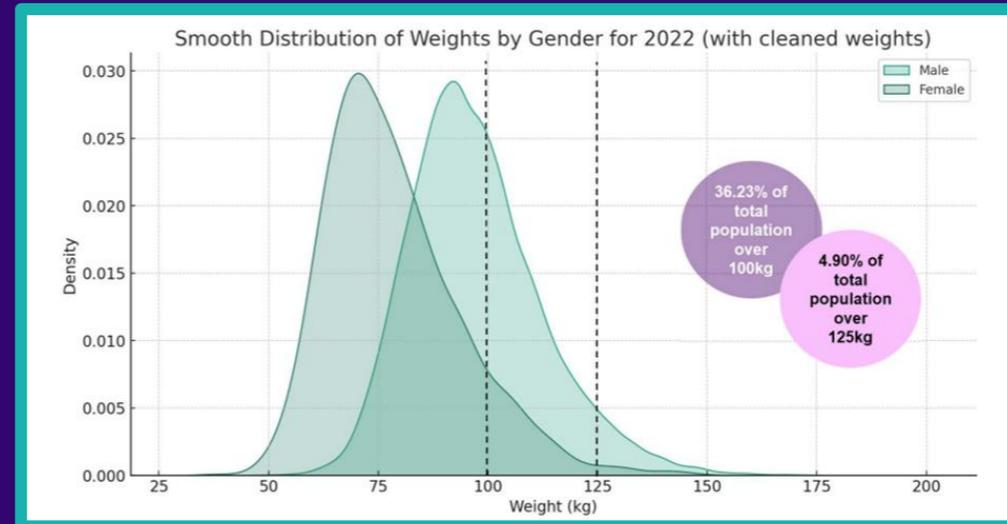
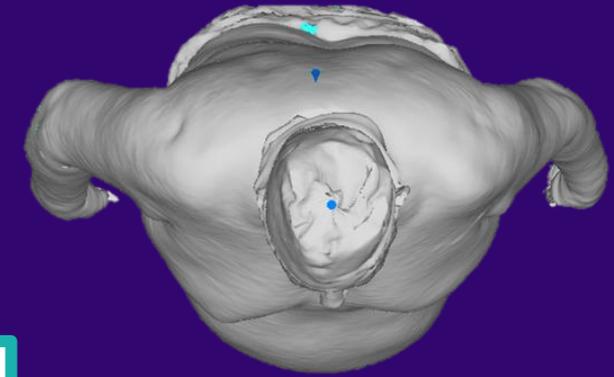
Helicopter  
Transport



Confined  
Spaces

Max of **124kg**  
for all offshore workers

Nearly **5%** of workers are now above **125kg**. This trend affects the safe operation of rescue equipment.



Marine Rescue



Lifeboat Loading



Stretcher Rescue



Helicopter Transport



Confined Spaces

## Introduction of Weight Limits for Offshore Workers



It is estimated that around 5% of the offshore workforce currently exceeds the 124kg threshold.



## Phased roll out:

- Introduction & Awareness  
1st November 2025 – 31st Jan 2026
- Transition Phase  
1st Feb 2026 – 31st Oct 2026
- Mandatory Implementation  
1st November 2026

## Controls will be implemented:

- Routine Offshore Medicals
- Mobilisation Procedures
- Heliports

# Suite of Documents

Industry Safe Weight Limit  
for Workers on Offshore  
Installations

Policy

Issue 1  
November 2025

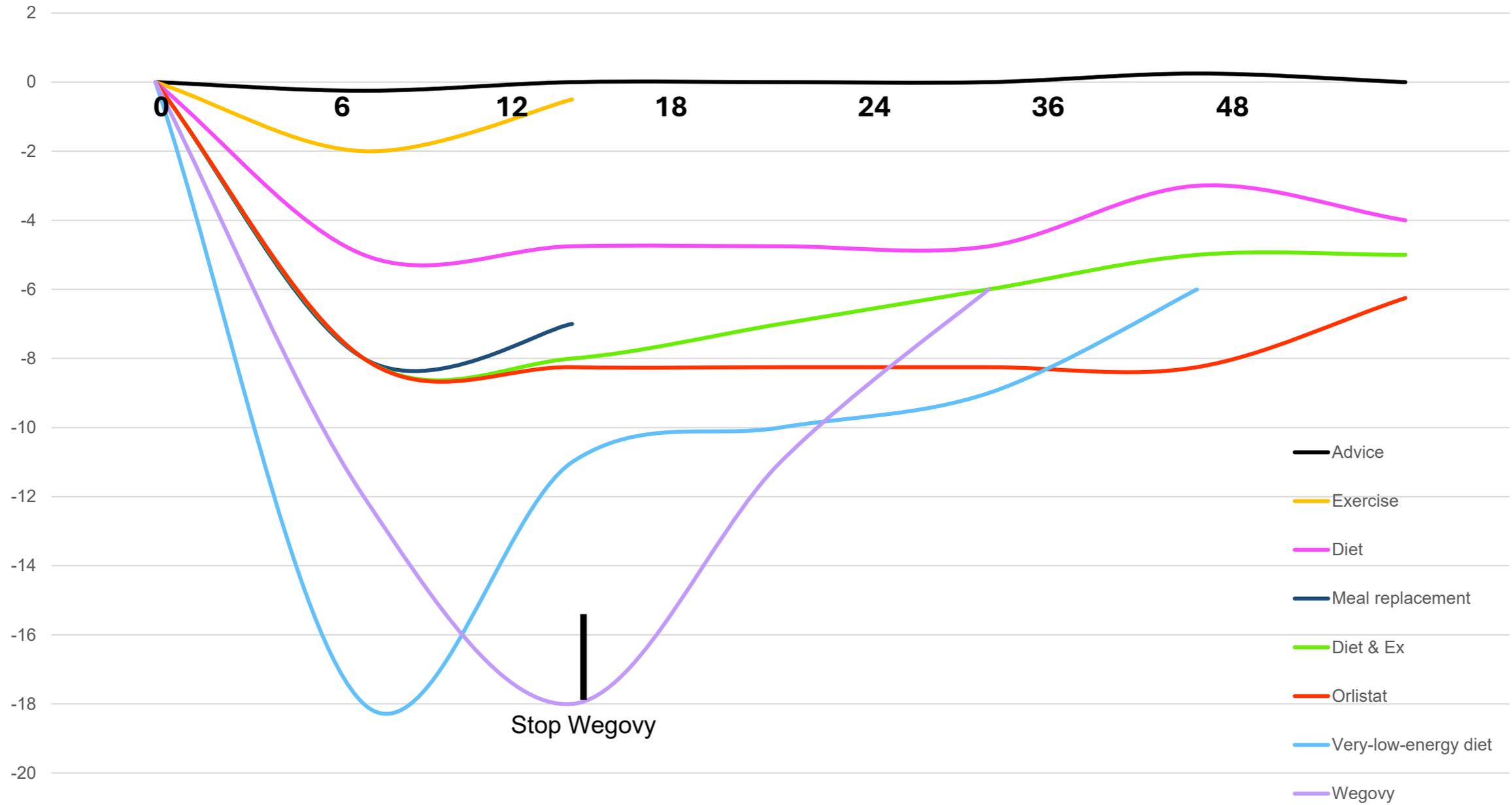
Industry Safe Weight Limit  
for Workers on Offshore  
Installations

Explanatory Note

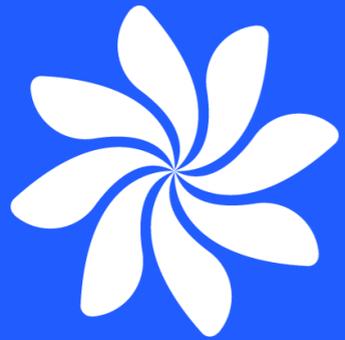
Issue 1  
November 2025

FAQs for Industry Safe Weight Limit		 
Revision: 1.4	Date 01/10/2025	
<b>Questions about the policy development</b>		
Why is a safe weight limit policy required?	Workers weights have been increasing over the last 60 years. Over a third of offshore workers are now above 100kg.  This presents multiple risks related to safe evacuation via lifeboat or helicopter and rescue from the sea or installation.  Installation duty holders must ensure that all persons can be rescued.	
What is the OEUK offshore safe weight limit?	The clothed weight limit for offshore workers is 124kg, including a 0.7kg safety margin. This is to ensure safe evacuation and rescue, particularly by search and rescue helicopter winch.	
What is the most acute issue?	The search and rescue helicopters in the UK, Norway, and Netherlands all have the same type of winch. When you consider the weight of the winchman paramedic, and the rescue kit it only leaves a remaining 124.7kg for a patient.  Anyone requiring rescue by search and rescue helicopter over 124.7kg cannot be guaranteed rescue.	
Why not get a stronger winch or winch cable?	The Winch has been certified for operating with human external cargo by the European Union Aviation Safety Agency which are followed by the UK Civil Aviation Authority. Changes in specifications and certification can take years.  Even with a stronger winch the winchman will still have to manually get the stretcher into the helicopter which is obviously harder with heavier casualties.  It is not realistic that this issue can be resolved.	
Is this problem specific to offshore oil and gas?	Yes and no. The weight increase is common across all of the UK population and aligns with NHS data. However, as oil and gas workers are 96% male and many are in the 45-50 age bracket means that the issue is amplified in our workforce.	
Does the weight limit apply to all offshore installations?	Yes, it applies to installations with accepted Safety Cases under the Offshore Installations (Offshore Safety Directive) (Safety Case etc.) Regulations 2015	

weight change (kg) over 48 months follow-up



# Simple Online Pharmacy – Abdal Alvi



**simple online pharmacy**

Abdal Alvi, Chief Clinical Officer

# Who We Are

## Simple Online Pharmacy:

One of the UK's largest private, regulated weight care providers

**1st**

UK online provider to prescribe GLP-1 treatments

**340,000+**

Weight care patients in the UK alone

**4.6**

Trustpilot rating from over 30,000 reviews

**85%**

Five-star ratings

**Holistic Care**

Our multidisciplinary team includes clinicians, dieticians & nutritionists, movement and behaviour specialists

# How GLP-1s Work

## Reduce Hunger

Helps control appetite, making it easier to eat less.

## Slow Digestion

Keeps you feeling full for longer.

## Balance Hormones

Regulates blood sugar levels and energy use.

Additional health benefits can include:

Cardiovascular risk reduction<sup>1</sup>

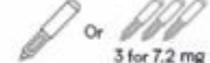
Joint health<sup>2</sup>

Kidney function<sup>3</sup>

Diabetes risk reduction<sup>4</sup>

Improved sleep<sup>4</sup>

Liver health<sup>5</sup>

		
 Dose	Once Weekly	Once Weekly
 Pens used per month		 Or 3 for 7.2 mg
 Effectiveness	~22.5% body weight loss	~20.7% body weight loss

Additional health benefits may vary by medication.

<sup>1</sup>Lincoff et al. (2003) 'Semaglutide and Cardiovascular Outcomes in Obesity without Diabetes', *New England Journal of Medicine* 389(24) pp2221-2232

<sup>2</sup>Cheng et al. (2025) 'Effect of glucagon-like peptide-1 receptor agonists in osteoarthritis: A systematic review of pre-clinical and human studies', *Osteoarthr Cartil Open* 28;7(1) pp100567

<sup>3</sup>Taal, M and Selby, N (2025) 'Glucagon-like Peptide-1 Receptor Agonists: New Evidence of Kidney and Cardiovascular Protection from the FLOW and SELECT Trails' *American Journal of Kidney Diseases* 85(1), pp115-118

<sup>4</sup>Ryan, D and Yockey, S (2018) 'Weight Loss and Improvement in Comorbidity: Differences at 5%, 10%, 15%, and Over' *Curr Obes Rep* 6(2) pp187-194

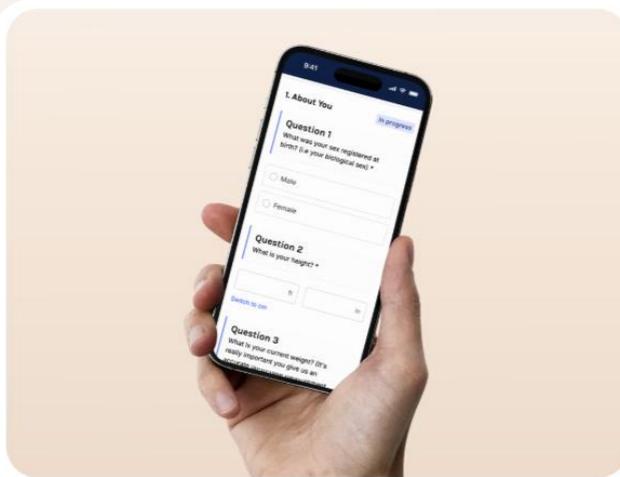
<sup>5</sup>Potter et al. (2025) 'Effects of GLP-1 receptor agonist therapy on resolution of steatohepatitis in non-alcoholic fatty liver disease: a systematic review and meta-analysis' *Journal of the Canadian Association of Gastroenterology* 8(2) pp47-57

# What Can We Offer?

Safe, reliable access  
to effective medications

Fast, discreet delivery  
throughout the UK

Multidisciplinary  
lifestyle support



## 1. Start online assessment

We'll ask a few quick questions to get to know you better.



## 2. Clinical review

One of our UK-registered clinicians will assess if the treatment is right for you.



## 3. Speedy delivery

Once approved, we'll dispatch your order in tracked, discreet packaging, straight to your door.

### OEUK bespoke offering

- **OE30** - £30 off Mounjaro Starter + Starter Bundles
- **OE25** - 25% off Wegovy Starter + Starter Bundles

All users of these codes will receive a complimentary nutrition consultation in their first month

# Thank You

# Digital Health Consultants Voy - Dr Earim Chaudry



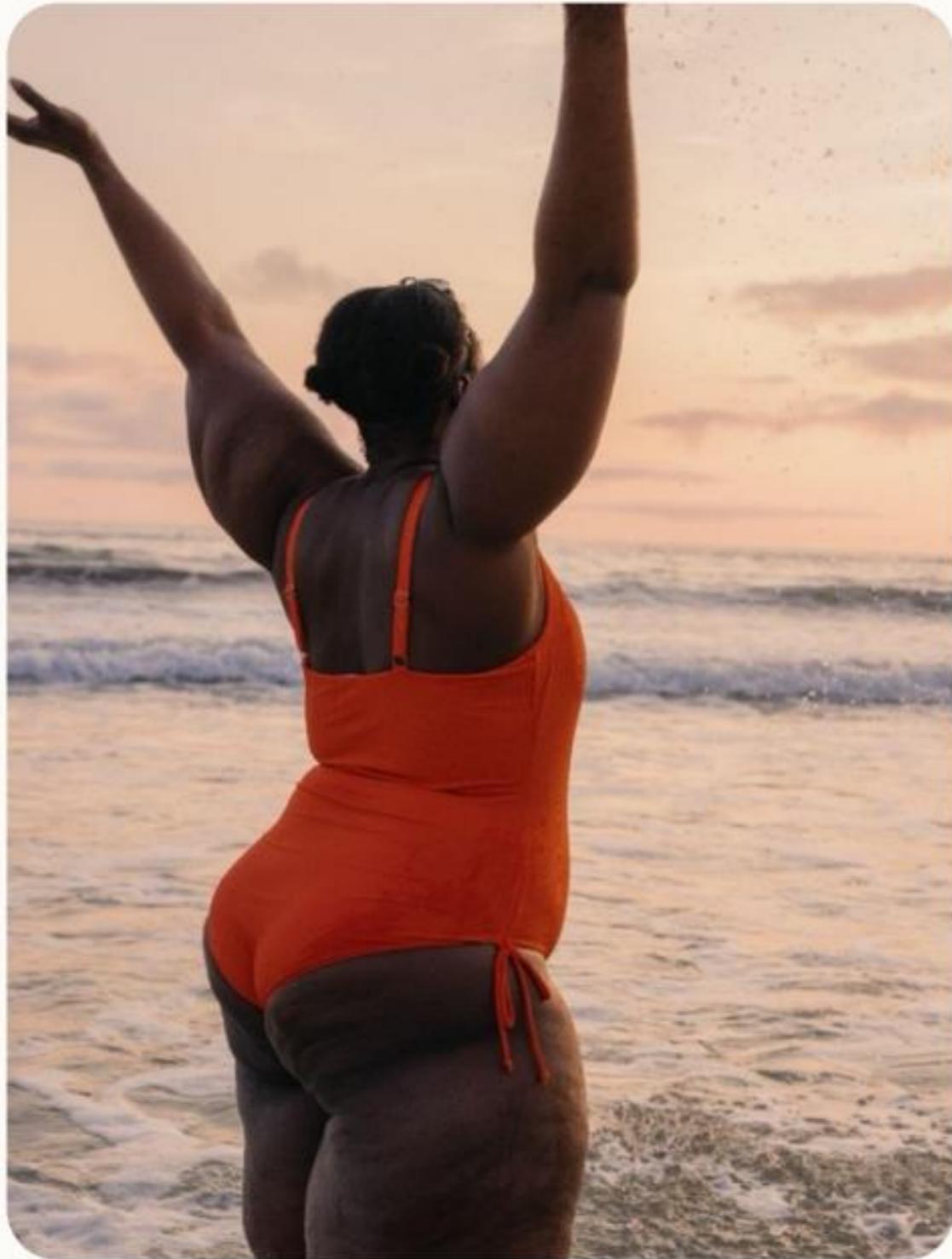
# voy

previously MANUAL

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## OEUK – Sustainable Weight Management

February 2026



Vision

# Make 100 years of healthy life a joyful normality

We hope for long lives, but often overlook what it takes to stay healthy along the way. We will fundamentally change the way people experience healthcare.

This means redesigning healthcare from the ground up: reaching people earlier, supporting them more often, and staying with them over time. It means not just treating conditions, but providing the tools, medication, support and motivation to help people feel better, every day.

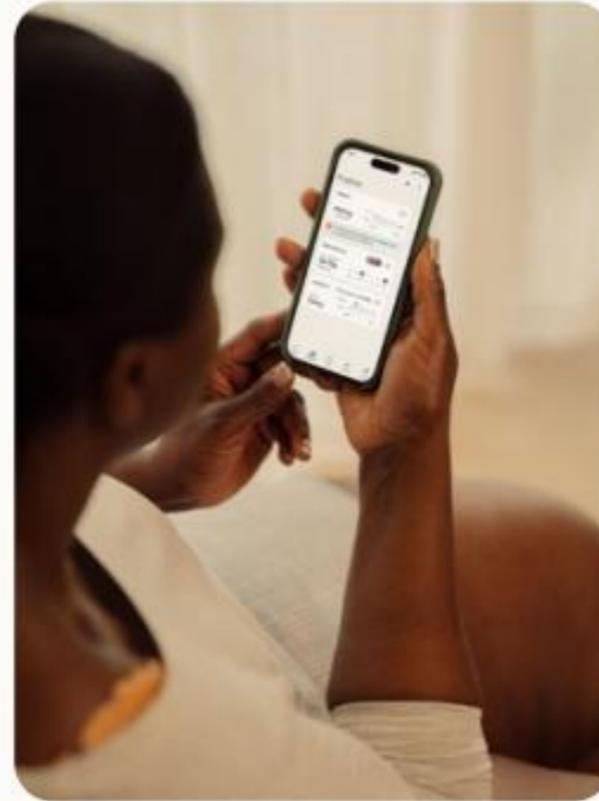
Because thriving, now, and in later life can and should be the norm for everyone.

Mission

# Scale quality care to everyone

No one has scaled healthcare without compromising on efficacy or experience. We believe it's possible.

By combining tech with deep specialism and a personalised, full-spectrum model of care, we can achieve it for all. With this accessible and affordable approach, we can give tens of millions the confidence to live fully at every stage of life.

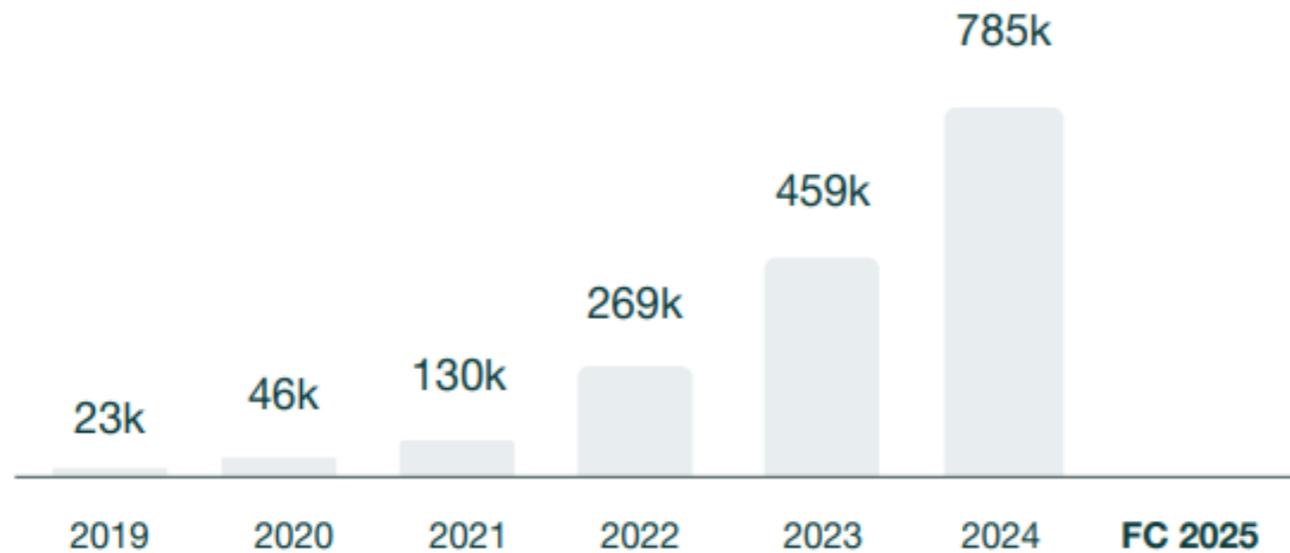


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We have served 1.5M+ patients to date

Patients served

1.5M



100%+

Compound  
Annual Growth  
Rate since 2019

# We've built **the foundational stack** to scale specialised care

## Core Foundational Capabilities

Personalised Medication

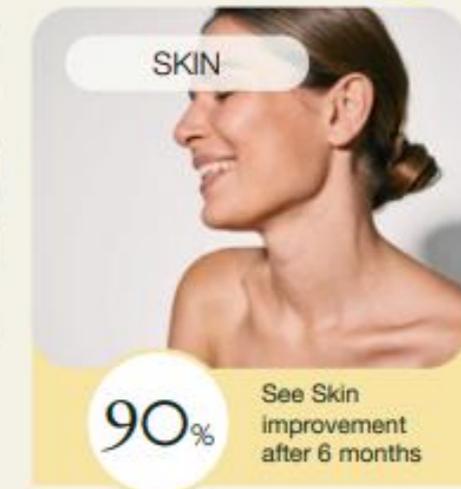
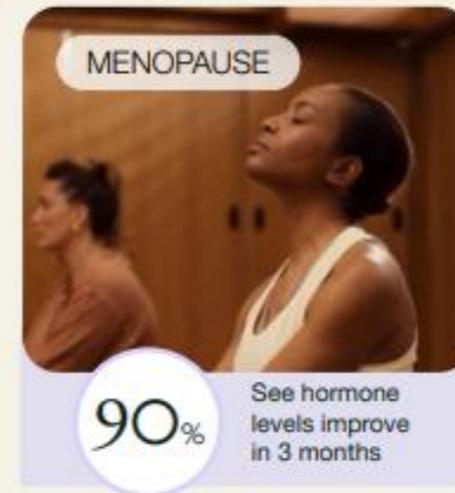
Consultations at Scale

AI Driving Efficiency

Self Serve Clinical Pathways

Diagnostics at Scale

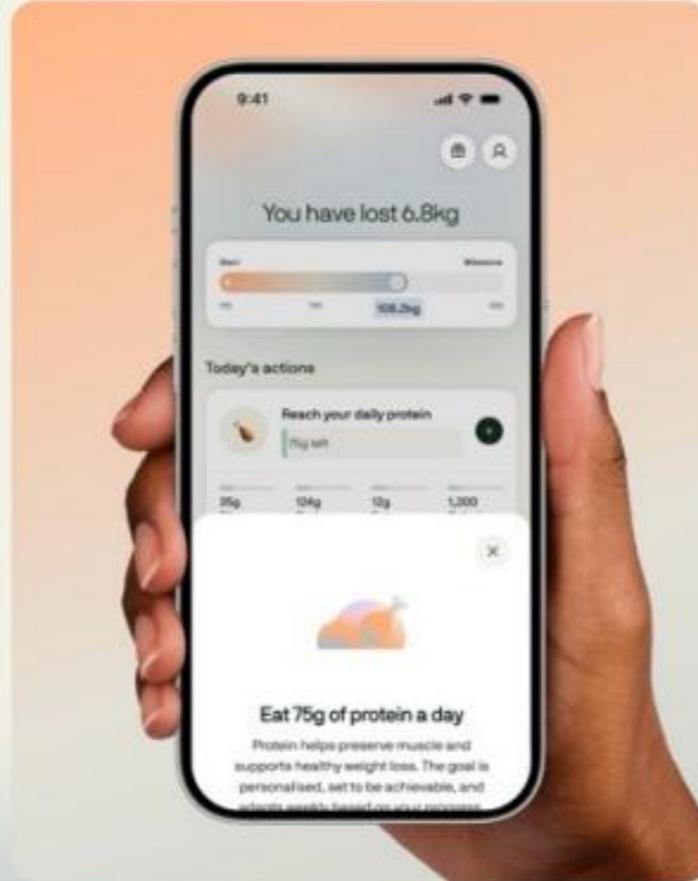
## High Efficacy Expert Care



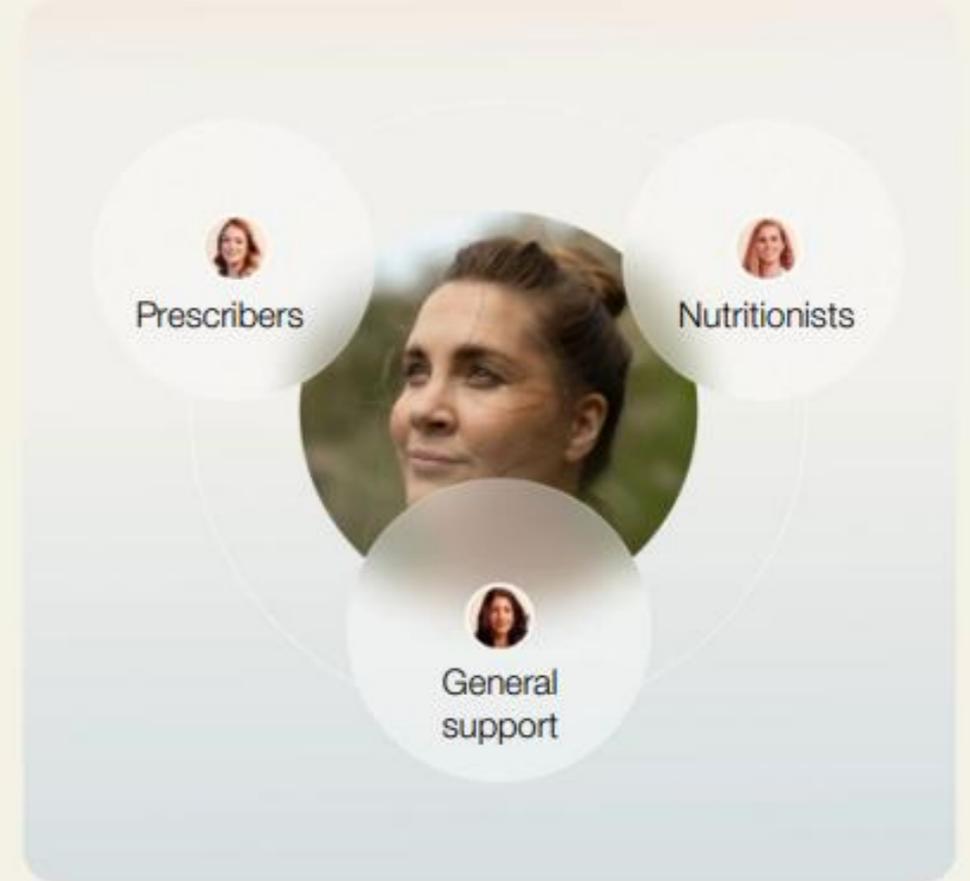
# Breaking the quality and scale tradeoff in Weight Loss



Best-in-class medication

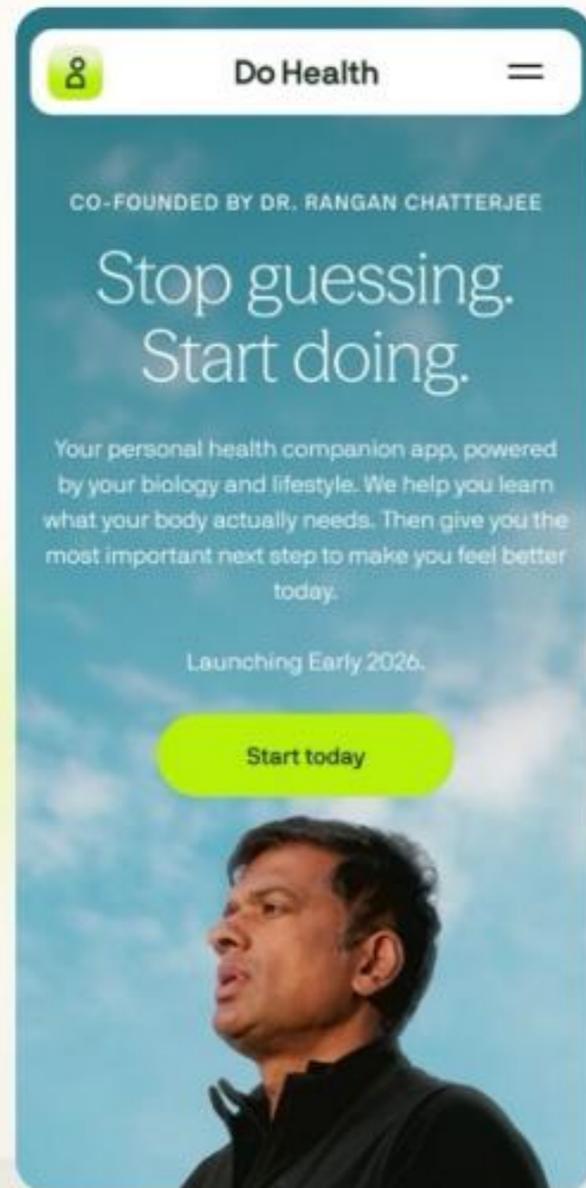


Companion and coaching App



Dedicated multidisciplinary team

# Preventative care , powered by your biology and lifestyle



Do Health

CO-FOUNDED BY DR. RANGAN CHATTERJEE

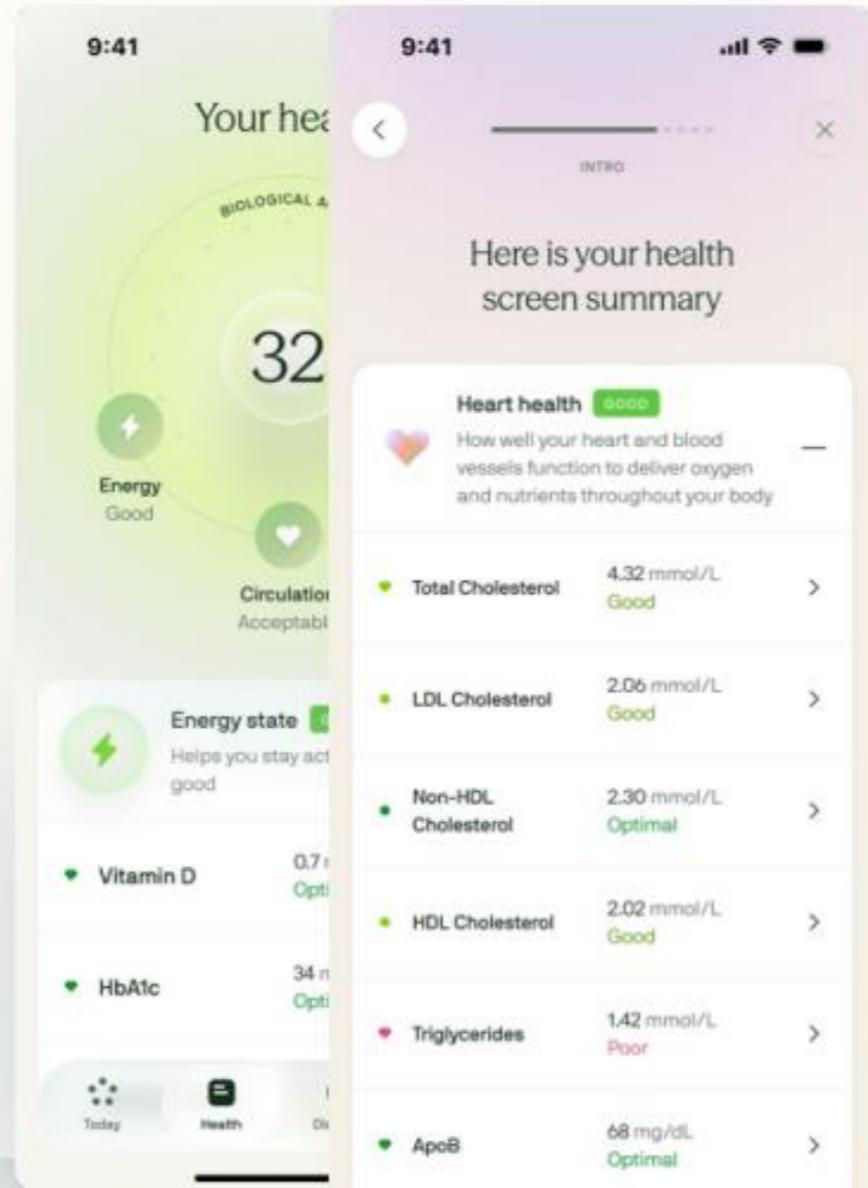
## Stop guessing. Start doing.

Your personal health companion app, powered by your biology and lifestyle. We help you learn what your body actually needs. Then give you the most important next step to make you feel better today.

Launching Early 2026.

Start today

### Health Hub & Biomarker Insights



9:41

Your health

32

Energy Good

Circulation Acceptable

Energy state Helps you stay active and good

Vitamin D 0.71 Optimal

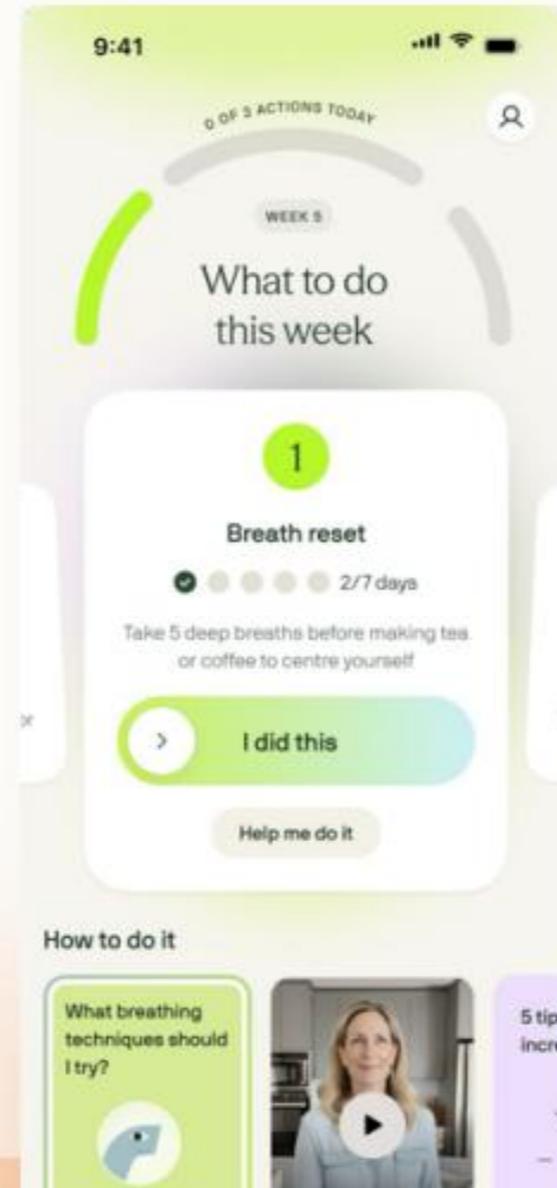
HbA1c 34 mmol/mol Optimal

Heart health **Good**

How well your heart and blood vessels function to deliver oxygen and nutrients throughout your body

Total Cholesterol	4.32 mmol/L	Good
LDL Cholesterol	2.06 mmol/L	Good
Non-HDL Cholesterol	2.30 mmol/L	Optimal
HDL Cholesterol	2.02 mmol/L	Good
Triglycerides	1.42 mmol/L	Poor
ApoB	68 mg/dL	Optimal

### Daily Actions



9:41

0 OF 3 ACTIONS TODAY

WEEK 5

## What to do this week

1

### Breath reset

2/7 days

Take 5 deep breaths before making tea or coffee to centre yourself

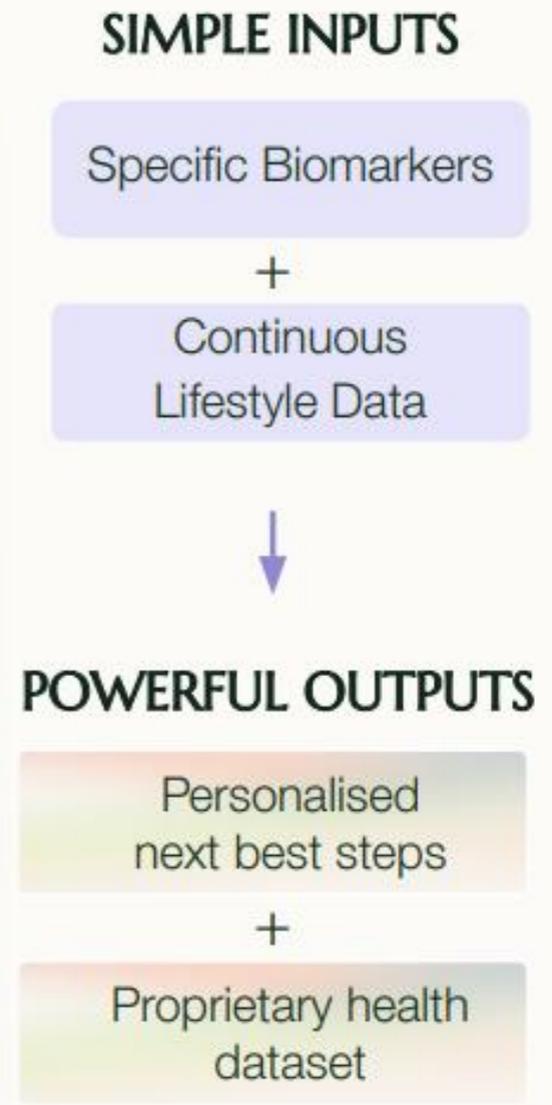
I did this

Help me do it

How to do it

What breathing techniques should I try?

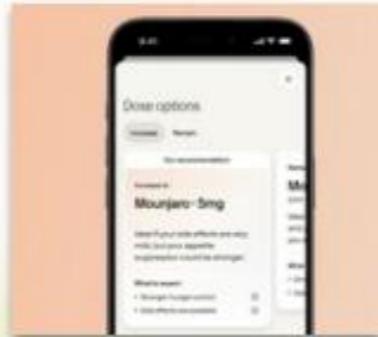
5 tips to increase...



# Four pillars power market-leading patient experience & outcomes

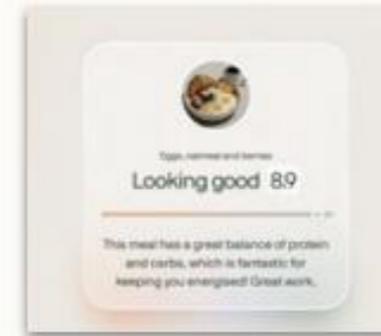
## Tailored Treatment Plans

88% follow distinct dosing pathways. Over 3500 plan variations identified.



## Intelligent Behaviour Change

90% activate in-app AI coaching. Over 2m meals analysed and 1.6m weight readings recorded.



## Accessible On-Demand Care

Unlimited clinical consultations and coaching. Wait times to reach a clinician are <3 minutes.

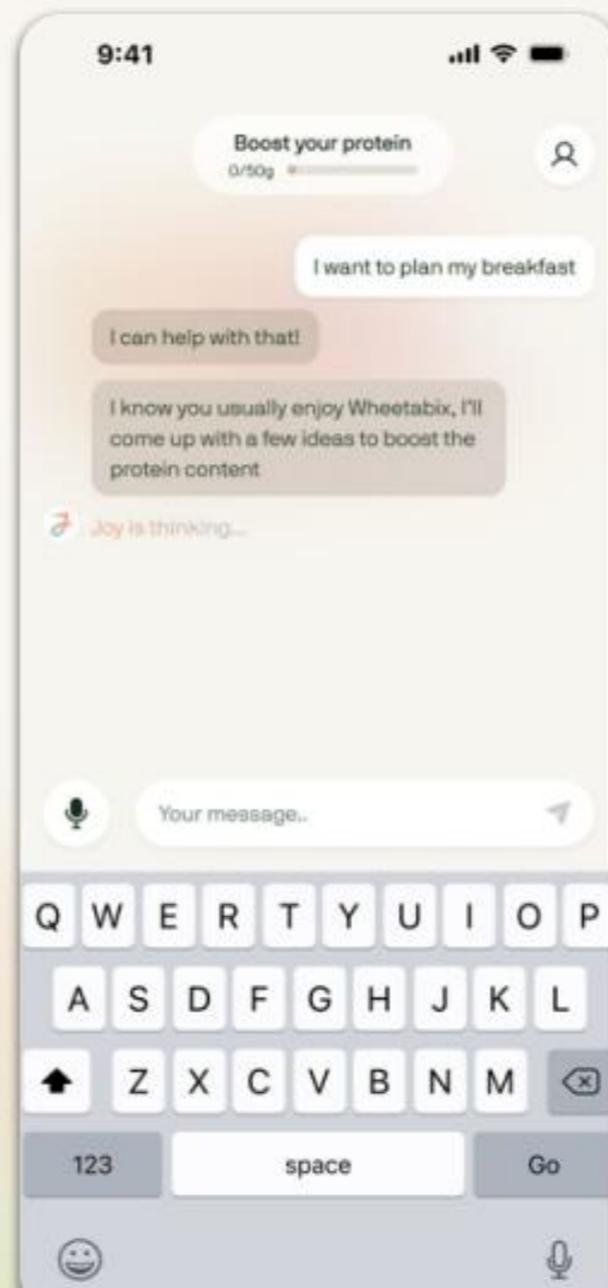
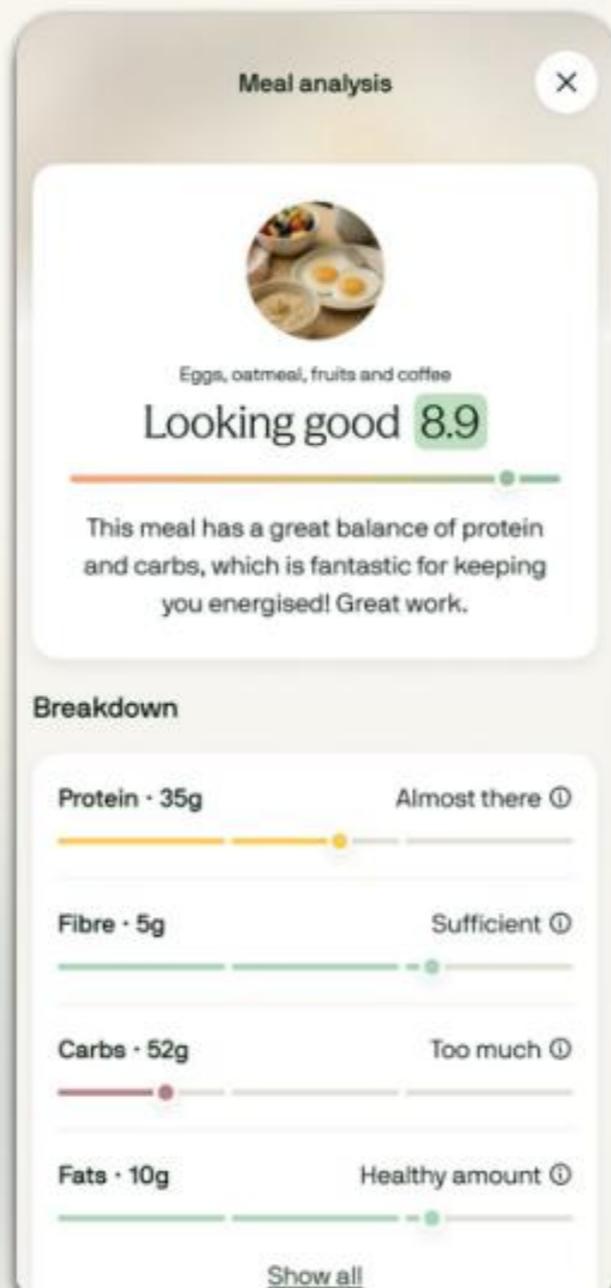
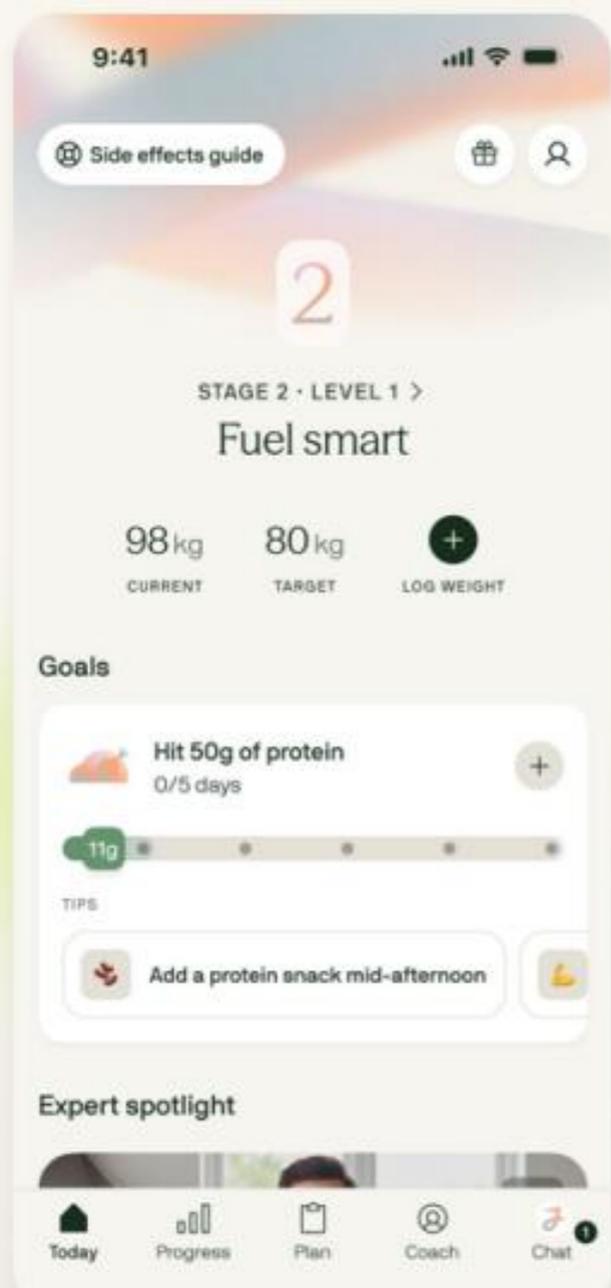


## Vertically Integrated Operations

Pharmacy operates 7 days a week. Free side-effect medication included.



# An always-on *AI companion* for personalised weight loss



4.8  
★

App Rating  
highest among competitors

90%

App Adoption  
across all WL patients

# Industry-leading outcomes driven by evidence-based care

Partnering with *top institutions globally*

Delivering *world-class research*



28

Peer-reviewed  
publications

4

Conference  
awards

10+

Academic  
partnerships

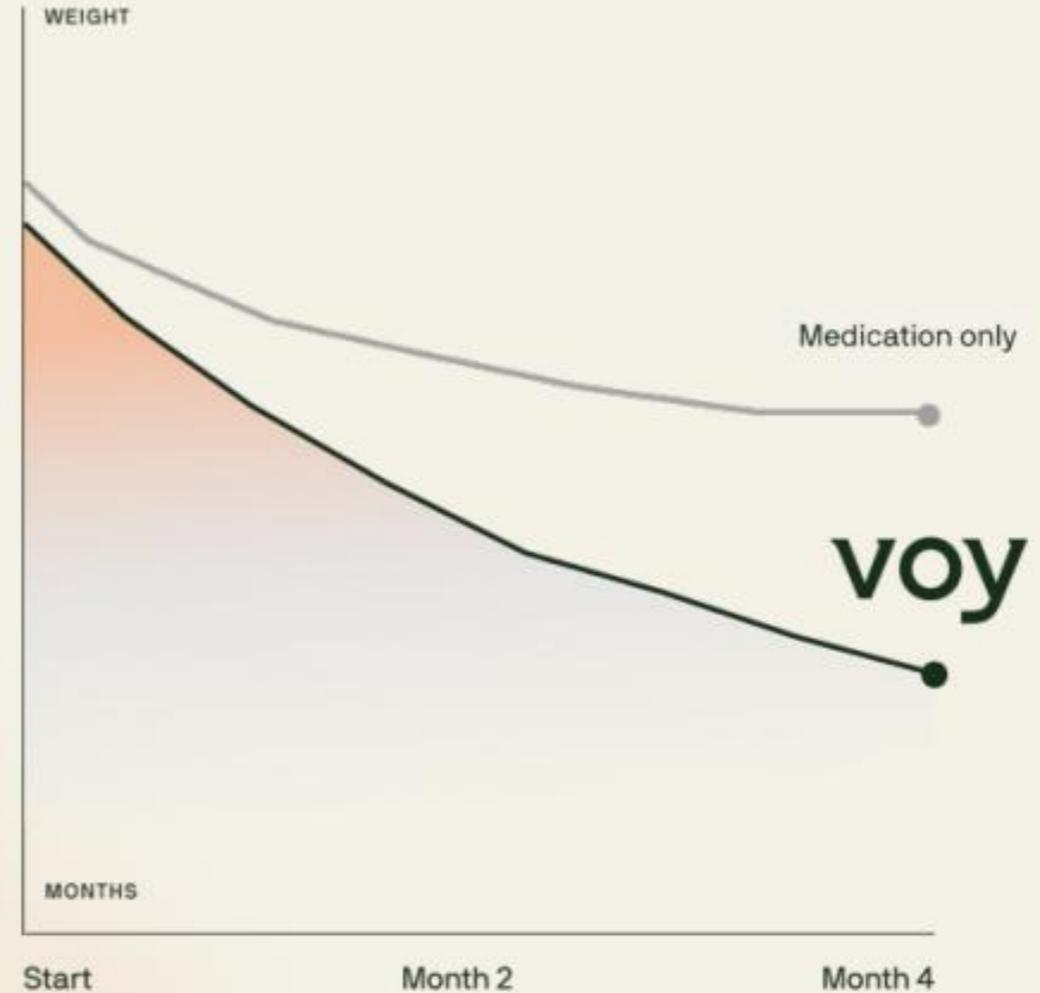
# Our programmes drive superior patient outcomes

# 53%

In clinical studies patients on the Voy programme lost 53% more weight than those using medication only<sup>1</sup>

<sup>1</sup> On a study conducted on 57,975 Voy participants with Imperial College London <https://www.jmir.org/2025/1/e69466>

**Imperial College  
London**



STAY

The Voy program delivers results beyond weight loss

Improving quality of life and promoting positive behaviours

Lose Weight

24%

Average Weight Loss at 12 months

16%

If taking medication alone

87%

More weight loss seen in women with PCOS

Reduce Comorbidity Indicators

98%

Reversal of pre-diabetes

79%

Improved Total Cholesterol:HDL ratio

18%

HbA1c Decrease

Improve Quality of Life

94%

Report improved Quality of Life over 12 months

83%

Report improved IWQoL after 3 months

93%

Report improved BES after 3 months



# Voy 2025 Outcomes Report

**Contents**

- Introduction 08
- Contents 08

**1,500,000+ lives changed**

## We pair personalised plans with behavioural science to help people lose weight for good

Obesity is one of the biggest challenges of our time, closely linked to rising rates of diabetes, heart disease and early mortality. Globally, 65% of adults are overweight and more than a billion people live with obesity.<sup>1</sup> In the UK, research found that 65% of adults fall into this category.<sup>2</sup>

Clinical trials show that long-term GLP-1 use can, under some conditions, lead to over 20% weight loss.<sup>3</sup> It's an incredible step forward, but sustainable results in the real world depend on much more than a prescription. Long-term, whole-person weight loss needs tailored guidance and expert care.

People often need help with staying side-effects, nutrition and building strength, as well as encouragement and motivation along the way. Traditional care models – whether in-person clinics or online pharmacies – usually aren't set up to offer this level of wraparound care. Combined with limited access currently in the public setting, this gap leaves many without the support they need to reach a healthy weight in a safe and effective manner (and stay that way).

Our 'more than medication' model is designed to close that gap. As one of the largest providers of weight loss medication in the UK and Ireland, we pair personalised treatment plans with behavioural science and continuous clinical monitoring to help people achieve results that are safe and sustainable.

**< 1/5**  
stay on medication at one year\*

\*In this article we refer to GLP-1 (semaglutide) and GLP-1 (tirzepatide) medications as 'GLP-1' for simplicity.

**Leading the weight loss revolution**

In our recent study, published in JAMA, Voy members lost 26% body weight in 12 months – vs 16% in clinical trials.<sup>4</sup> This study included over 125,000 Voy members, representing one of the largest studies of its kind.

**Weight loss at 12 months:**

- 24% engaged Voy users
- 19% digitally-engaged Voy users
- 16% clinical trial data<sup>5</sup>

**Weight loss (weeks) relative to clinical trial data**

**Digitally-engaged Voy members lose 20% more weight relative to those on medication alone**

These findings build on our earlier 2023 research, in a study published in Diabetes, Obesity and Metabolism, we followed more than 100,000 GLP-1 users over 11 months.<sup>6</sup> Those who stayed engaged with digital tools were three times more likely to lose at least 20% of their body weight, and reached key milestones up to 8x faster than those with lower engagement – outperforming all previous results.

A separate JAMA study, tracking people over their first five months, showed the same pattern appearing so early as month two.<sup>7</sup> Proof that digital engagement consistently strengthens outcomes, right from the beginning of treatment.

These publications represent some of the largest and most comprehensive real-world analyses of GLP-1-based weight loss to date, helping to set a new standard for how effective, evidence-driven care can be delivered.

**Notability**

# Aberdeen Sports Village - Kristopher McIntosh

# Supporting Workforce Health, Fitness, Wellbeing and Weight Management

OEUK 18<sup>th</sup> February 2026

Kris McIntosh

# Agenda

- **Who We Are**
- **Positive Energy**
- **OEUK's New Weight Standards**
- **Initial Assessments**
- **Working Together**
- **ASV's Proposed Pilot Scheme**

# Who We Are



# Who We Are

- **Scotland's premier sport and exercise facility**
- **Sports Centre August 2009**
- **Aquatics Centre in May 2014**
- **Partnership - regulated by OSCR**
- **Not-for-profit organisation, all surplus income is reinvested to benefit the people of Aberdeen**
- **Community projects - working with local organisations helping achieve CSR goals**
- **1,000,000 visitors annually**



# Positive Energy



# Why Workplace Health Fitness and Wellbeing Matters

- **Safety first**
- **Operational readiness**
- **Medical compliance**
- **Emergency preparedness**
- **Reduced downtime**
- **Cost efficiency**
- **Long-term workforce sustainability**
- **Morale and engagement**
- **Corporate responsibility**
- **Proactive investment**

# *Employee health, fitness and wellbeing is no longer a “nice to have”*

Evidence shows that organisations which actively support employees’ life experience, health and wellbeing see:

**23%**

*more employees reporting better mental health*

**17%**

*more employees reporting better physical health*

**21%**

*more high performers, compared to organisations with lower levels of support*

Source: Gartner (2020) Reimagine HR Employee Survey

# OEUK's New Weight Standards



# OEUK's New Weight Standards

- Designed to enhance safety, emergency response capability, and overall fitness offshore.
- Non-compliance can result in:
  - *Failed medicals*
  - *Restricted duties*
  - *Ineligibility for offshore assignments*
- Employees are fit for physically demanding offshore roles.
- Importance of proactive fitness, nutrition, health support programs.
- Opportunity for employers and facilities to support staff in meeting these standards

# Initial Assessments



# How ASV can help

- **Cardiovascular endurance**
- **Strength & Mobility**
- **Body Composition Health Checks**
- **Lifestyle & Nutrition Review**

## Purpose:

- Establish baseline,
- Guide personalised training
- Track progress.
- 1-1 or group testing options available



# Working Together



# Training, classes & coaching

## 1:1 Personal Training

- Fully personalised coaching to meet offshore fitness & weight standards
- Progress tracking and goal-focused training plans





## Training, classes & coaching

### Group Exercise Classes

- High-Intensity Training (HIT) & Cardio HIIT
- Weightlifting circuits & MetCon
- Group cycling, stretch & yoga
- Nutrition seminars & lifestyle workshops

# Training, classes & coaching

## Special Focus

- All programmes designed specifically for offshore employees
- Supports fitness, weight management, and operational readiness

# Proposed Pilot Scheme



# Proposed Pilot Scheme

- **8 or 12 week blocks**
- Initial Employee Assessments: Health, fitness, body composition - in ASV or on company site
- Personalised report detailing target weight loss
- Personalised programme to use onshore and body weight plan for offshore if needed
- Nutrition advice
- Check in and track

## During block

Plans can be tailored to suit but can include:

- ASV Lifestyle Plus Membership
- Tailored coaching
- Extra - 1:1 Personal Training:
- Check in 4 weekly on progress

# End Goal

- **Ensure compliance with OEUK weight standards**
- **Improve fitness, strength, and endurance**
- **Build sustainable healthy habits**

# Supporting Workforce Health, Fitness, Wellbeing and Weight Management

Kris McIntosh [kris@aberdeensportsvillage.com](mailto:kris@aberdeensportsvillage.com)



# Future Wellness - Darren Boston

A man and a woman are shown from the chest up, smiling and looking at each other. The man is on the left, wearing a dark t-shirt and light-colored pants. The woman is on the right, wearing a light-colored top and dark shorts. The background is a blurred green outdoor setting. A large, semi-transparent green box with a white border is centered over the image, containing the text "Wellness Evaluation" in white. The Herbalife logo is visible on the woman's shorts and in the bottom right corner.

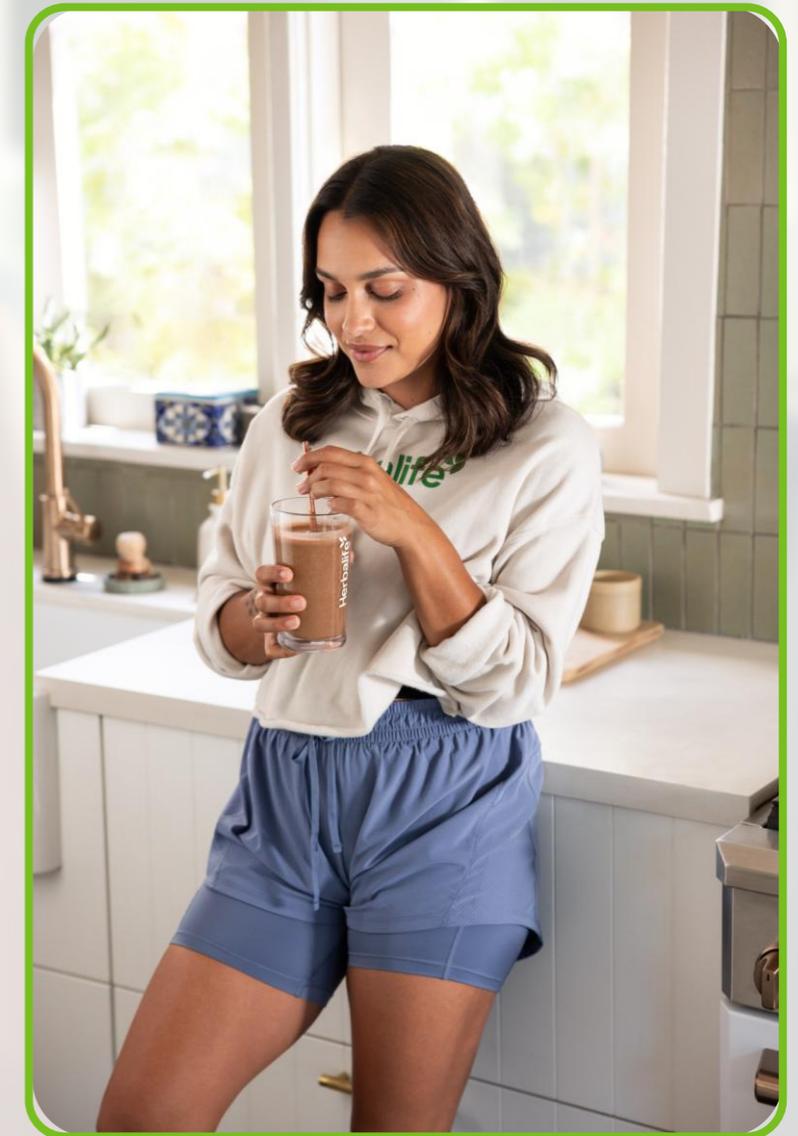
# Wellness Evaluation

Time  
for a  
sample



Instant Herbal  
Beverage

Healthy Nutrition Shake



# Wellness Profile

Your goals



Do you have any goals at the moment?



Weight Loss



Drop Body Fat



Increase Energy



Improve Sports Performance

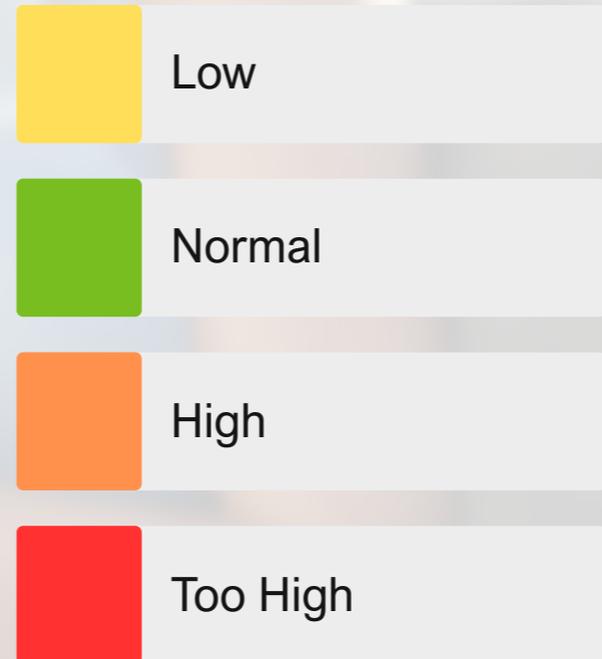
Why do you want to achieve it?



# Body Fat %



- Where would you like to be?
- Where are you now?
- Here is where you are currently

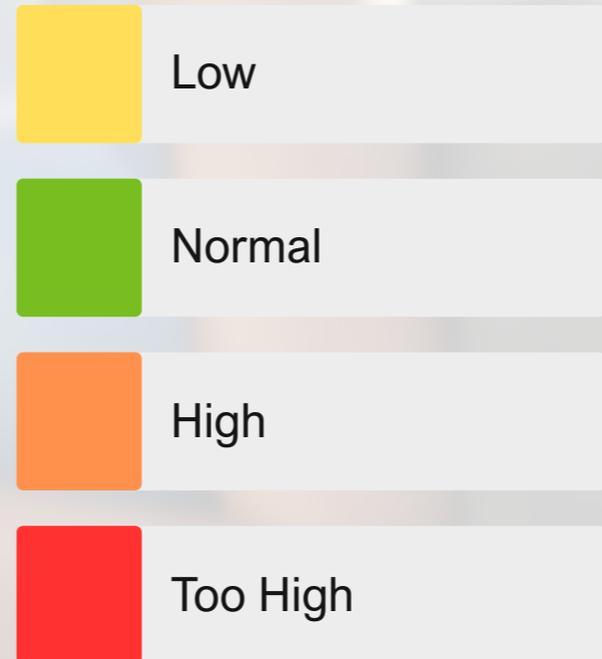


All references to weight management relate to the Herbalife Weight Management Programme which includes, amongst other things, a balanced diet, regular exercise, an adequate daily fluid intake, nutritional supplementation where required and appropriate rest, individual results will vary.

# Body Fat %



- Where would you like to be?
- Where are you now?
- Here is where you are currently



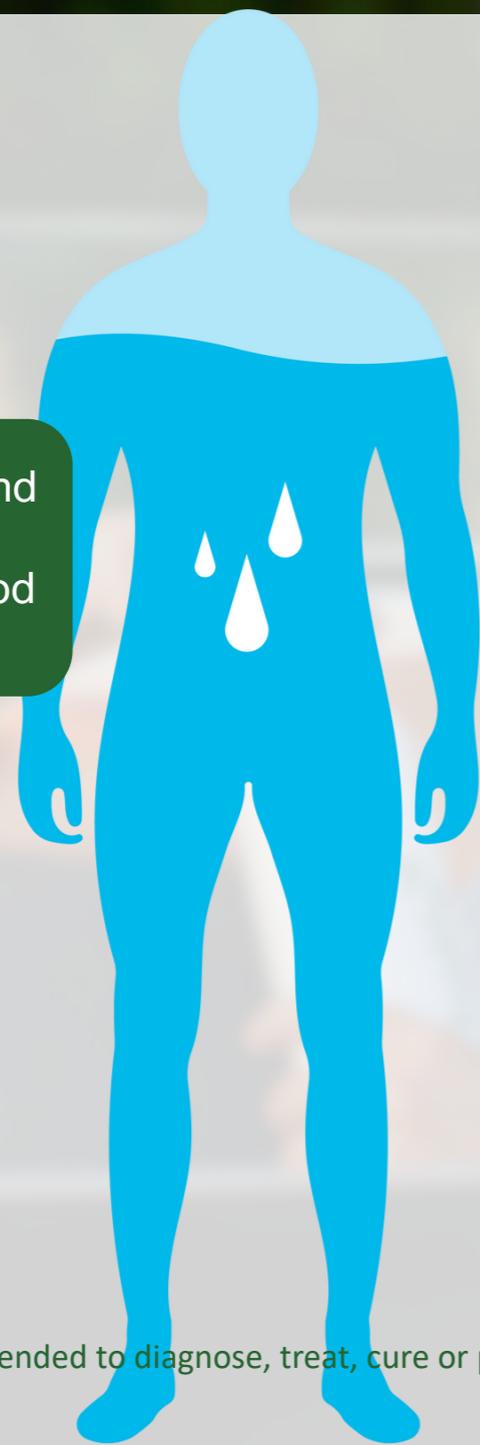
All references to weight management relate to the Herbalife Weight Management Programme which includes, amongst other things, a balanced diet, regular exercise, an adequate daily fluid intake, nutritional supplementation where required and appropriate rest, individual results will vary.

Moistens tissues and lubricates muscles and joints

Assists in digestion and waste elimination, lessening the likelihood of constipation

Helps in blood circulation and aids in cellular regeneration

Our bodies consist of 70% water and can only go a few days without it



Keeps body temperature in optimal state

Flushes out waste from the liver and kidneys

Aids the body in the absorption of nutrients and minerals

Helps to speed up our metabolism

## Dehydration can result in:

- Weight Gain
- Fatigue
- Migraines
- Constipation
- Muscle Cramps
- Increased Blood Pressure
- Kidney Problems
- Dry Skin / Mouth



Result Guide	
Female	45% - 60%
Male	50% - 65%

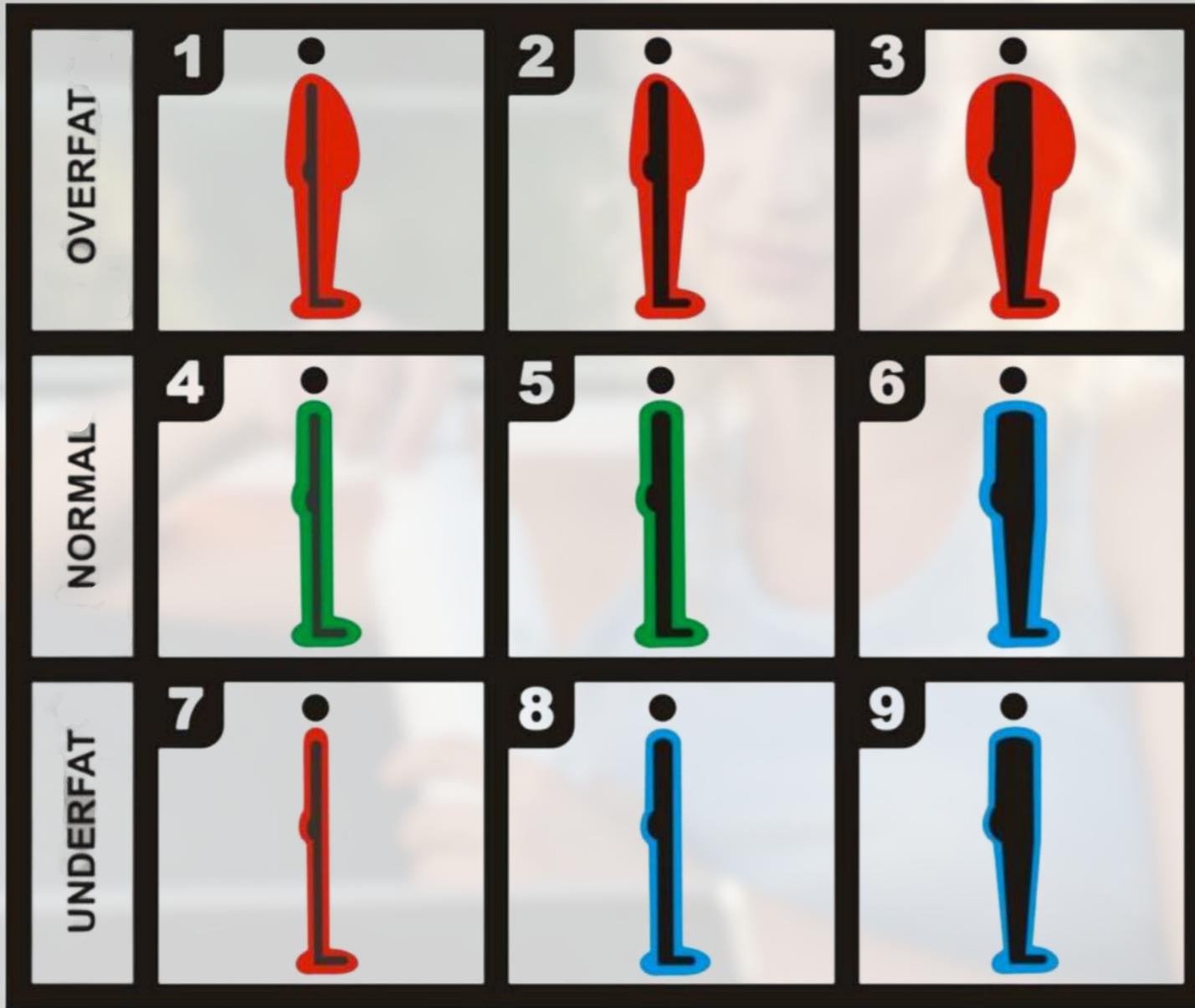
Herbalife products are not intended to diagnose, treat, cure or prevent any disease.

# Hydration

High

Fat %

Low



- Represents Muscle
- Unhealthy Fat
- Normal Range
- Athlete

Muscle Mass Index

Low

High

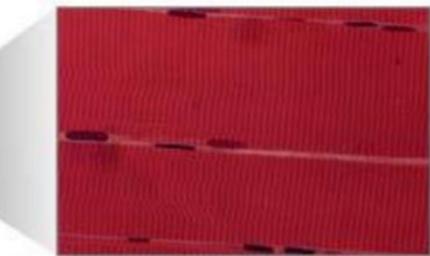
# Physique Rating



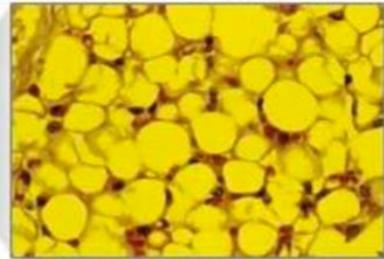
Current



Goal



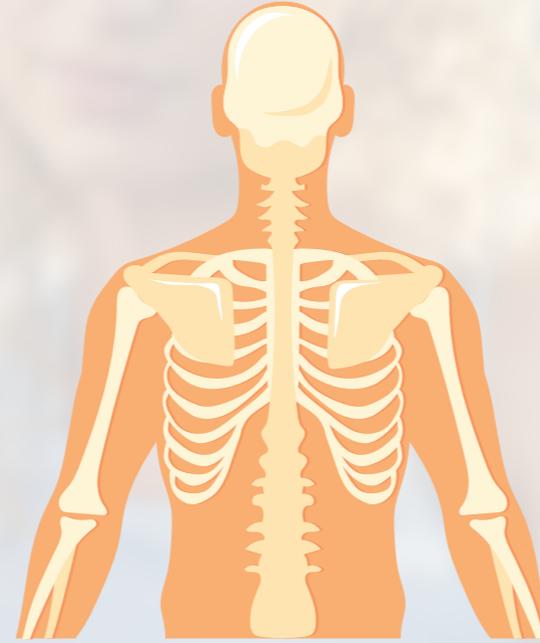
Muscle cells burn more calories



Fat cells tend to store calories

# Muscle Mass

# Bone Mass



## Female Result Guide

<7st 8lbs	4.3lbs
<106lbs	4.3lbs
<48kg	1.9kg

7st 8lbs - 11st 7lbs	5.3lbs
106lbs - 161lbs	5.3lbs
48kg - 73kg	2.4kg

>11st 7lbs	6.5lbs
>161lbs	6.5lbs
>73kg	2.9kg

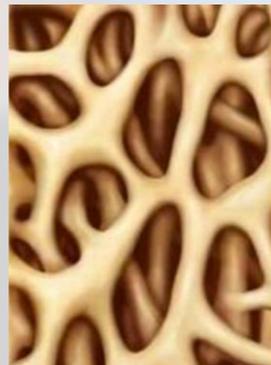
## Male Result Guide

<10st 2lbs	5.9lbs
<142lbs	5.9lbs
<64kg	2.6kg

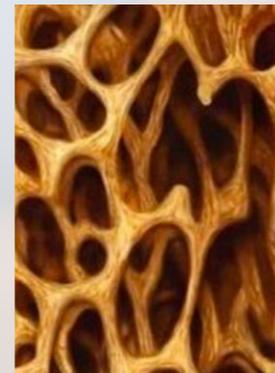
10st 2lbs - 14st 9lbs	7.3lbs
142lbs - 205lbs	7.3lbs
64kg - 92kg	3.3kg

>14st 9lbs	8.1lbs
>205lbs	8.1lbs
>92kg	3.6kg

Normal Bone Matrix



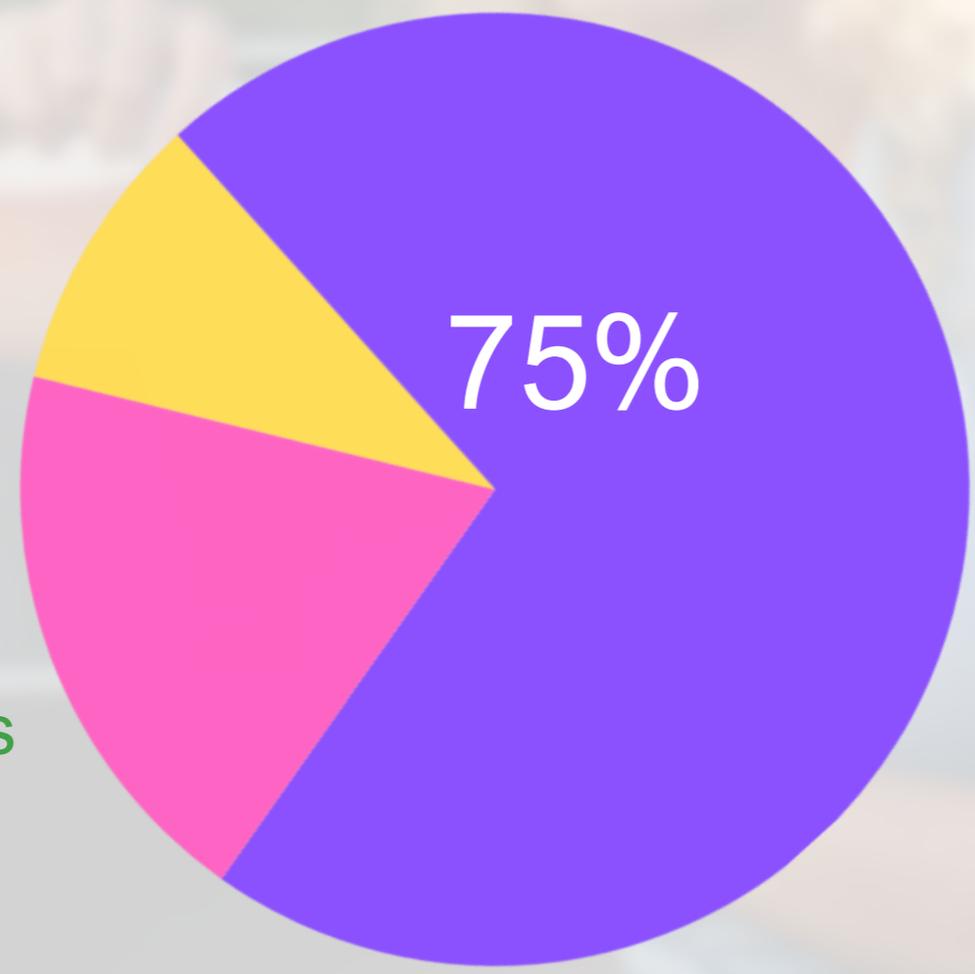
Osteoporosis



# Basal Metabolic Rate

Basal Metabolic Rate

Activity



Thermogenesis

Increased Exercise & Muscle  
↓

Increased Metabolism  
↓

Faster Metabolism burns more Calories  
↓

Weight Loss & Natural Weight Control

# Metabolic age

**FACT:** Your entire body totally rebuilds itself in less than 2 years - and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Everyday is a new opportunity to build a new body.

Your DNA renews itself every 2 months



Your skin rebuilds itself in 1 month



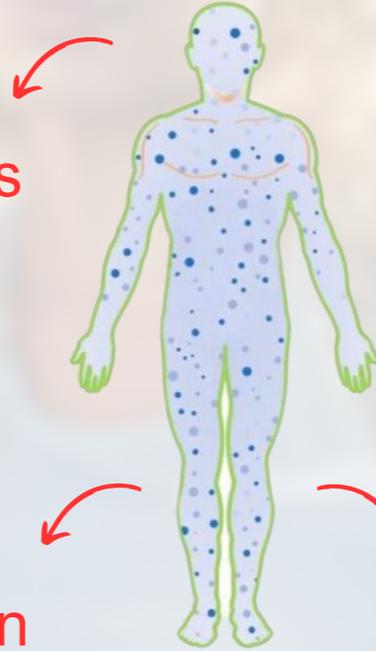
Your liver rebuilds itself in 6 weeks



The lining in your stomach rebuilds itself in 5 days



Stress



Pollution

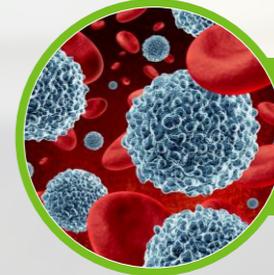
Toxins

- Nourish your **cells** with the best nutrients available
- Support your immune system by keeping at bay the damaging effects of **stress, pollution and toxins**
- Maximize your energy production for increased vitality and optimal health
- Healthy **Cells** = A Healthy You

Your brain rebuilds itself in 1 year



Your blood rebuilds itself in 4 months

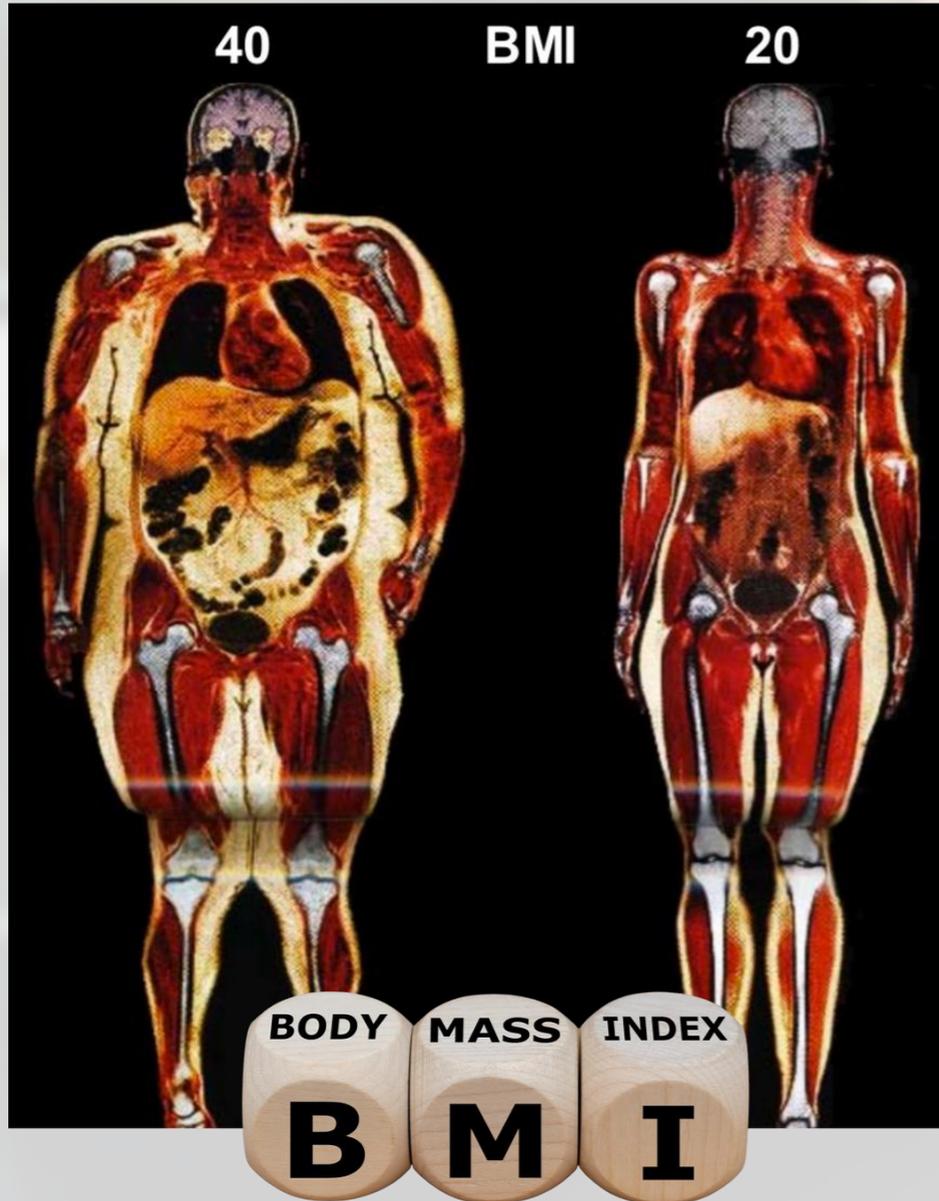


Your body builds a whole new skeleton in 3 months



## What is your Metabolic Age?

# Visceral Fat



- Visceral fat prevents organs from functioning normally and puts them under huge strain
- Too much visceral fat is life threatening and should be taken very seriously

1 - 4  
Excellent

5 - 8  
Healthy

9 - 12  
High

13 - 59  
Alarming



# Understanding your nutrition

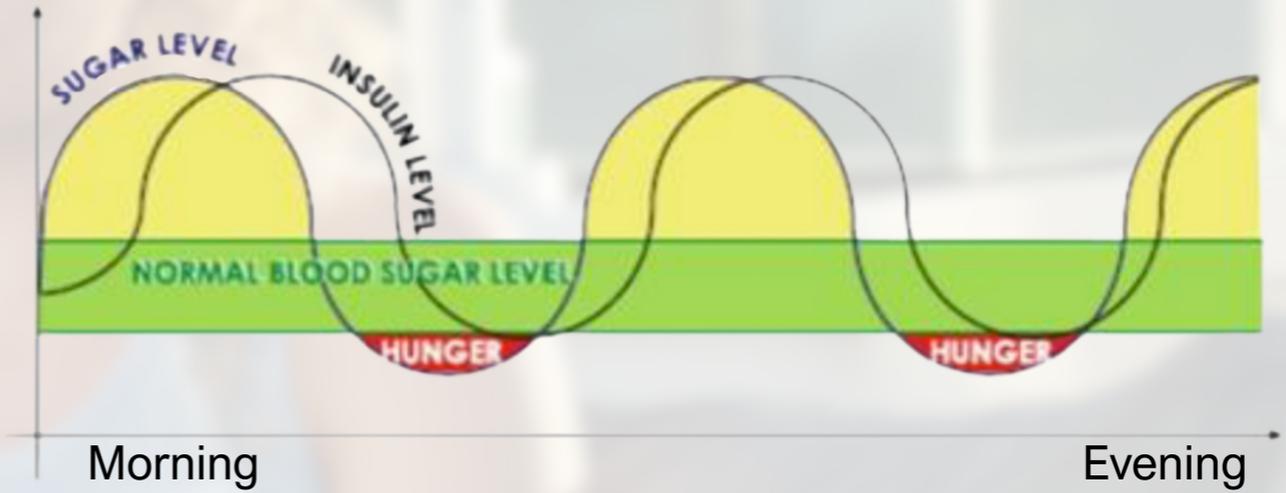
- How's your nutrition going at the moment?
- What would you call a normal breakfast?



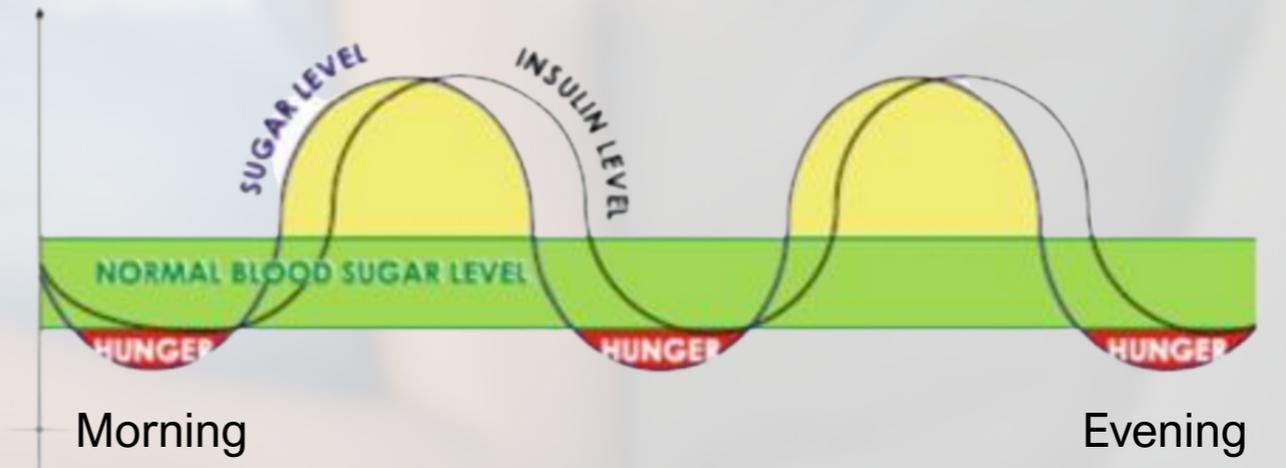
# Blood Sugar & Energy



Carbohydrate Based Breakfast



Skipping Breakfast



# Start by fixing your breakfast

## HEALTHY BREAKFAST

Everything your body needs in the morning!



Hydration



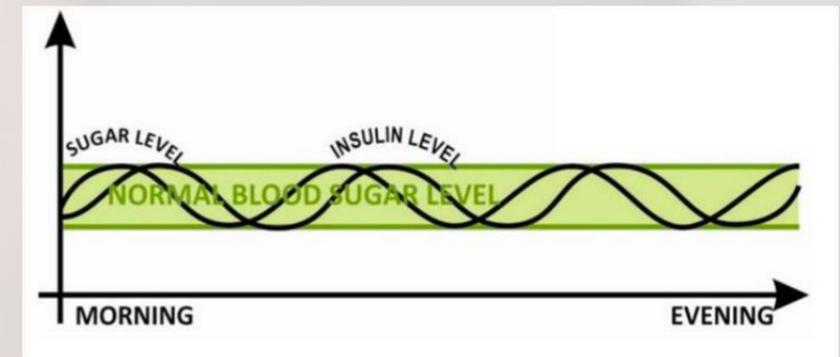
Energy



Nutrition

## What should an ideal breakfast do for you?

- ✓ Supply your body with essential nutrients
- ✓ Supply your body with water
- ✓ Provide your body with balanced energy
- ✓ Keep your blood sugar levels in check
- ✓ Retain your lean muscle mass



# Formula 1 nutritional value



= **More Vitamin A**  
than a mango



= **More Fibre**  
than 50g of broccoli



= **More Iron**  
than 115g of beans



= **More Calcium**  
than 200g of yoghurt



= **More Vitamin C**  
than a banana



= **More Protein**  
than a chicken thigh (62g)



# Backed by science



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# Build your day



## Healthy Breakfast

Cals: 217  
Protein: 28g



## Protein Snack

Cals: 100-200  
Protein: 10g



## Healthy Lunch

Cals: 217  
Protein: 28g



## Protein Snack

Cals: 100-200  
Protein: 10g



## Healthy Meal

Cals: 600-1000  
Protein: 25-30g

# My budget

How much do you spend a day  
on food & drink?

Breakfast:

Coffee's / Tea's / Drinks:

Lunch:

Snacks:

Dinner:

Weekly Food Shop:

Take Aways:

Socialising:

Alcohol:

Total:

Daily Average:



# GOALS - Recap

Is there anything you would like to improve upon after seeing those results?

Body Fat %

Muscle Mass

Visceral Fat

Metabolic Age

What do you have coming up in the next 3 months?

On a scale of 1 - 10 how serious are you? 1 2 3 4 5 6 7 8 9 10



Have you found today valuable?

# OPTIONS



# Various Plans

A)



Breakfast  
Programme

B)



Weightloss  
Programme

C)



Advanced  
Weightloss  
Programme



# Purchase Options

**Option 1.** Pay full retail price

**Option 2.** Become a Member

Simply Identify 3-5 people to take part in this free wellness profile.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

(Think of people you care about that you would like to see improve their health – Names not numbers).

# Let's book your 2 Week Review

Name:

Date of Wellness Profile:

Plan Ordered:

Follow up date: \_\_\_\_\_





**WELCOME TO**

**Herbalife** 

Live your best life

# Print these documents

## WELLNESS PROFILE



Name :

1: Do you have any goals at the moment ?

- Weight Loss
- Drop Body Fat
- Increase Energy
- Improve Sports Performance

2: Why do you want to achieve it ?

3: Is there anything you would like to improve upon after seeing those results ?

- Body Fat %
- Muscle Mass
- Visceral Fat
- Metabolic Age

4: What do you have coming up in the next 3 months ?

5: On a scale of 1 - 10 how serious are you ?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

6: How much do you spend a day week on food & drink ?

- |                    |                    |                  |
|--------------------|--------------------|------------------|
| Breakfast :        | Weekly Food Shop : | Total: £         |
| Coffee's / Tea's : | Take Aways :       | Daily Average: £ |
| Lunch :            | Socialising :      |                  |
| Snacks :           | Alcohol :          |                  |
| Dinner :           |                    |                  |

7: Have you found today valuable?

Can you think of 3-5 people to nominate who you feel would benefit from this free wellness evaluation? **Yes - Offer PC DISCOUNT membership**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

8: Book Review  
14 DAY FOLLOW UP

Plan Ordered :  
**Follow Up Date :**

If you have a positive experience over the next 14 days would you be happy to invite them to a free wellness evaluation with me?

## TANITA READINGS



FULL NAME \_\_\_\_\_ AGE \_\_\_\_\_ HEIGHT \_\_\_\_\_  
ASSESSOR \_\_\_\_\_

MALE  
 FEMALE

ATHLETIC  
 STANDARD

BODY COMPOSITION ANALYSIS

Icon	Measurement	Unit	Value	Target	Notes
	Height	cm			
	Visceral Fat %	%			
	Bone Mass	kg			
	Metabolic Age	Years			
	BMR	kcal			
	Physique Rating	1-10			
	Muscle Mass	kg			
	Body Water %	%			
	Body Fat %	%			
	Weight	kg			
	Time	min			
	Date	DD/MM/YY			

To order Tanita Segmental Healthy Range Pods: <https://tanitaestrolia.com/pages/download-healthy-range-charts>



## Questions & Wrap-up – Graham Skinner

To conclude.....

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# Thank you to all our speakers

**Slides and contact details will be sent to all delegates shortly.**

Join us today  
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