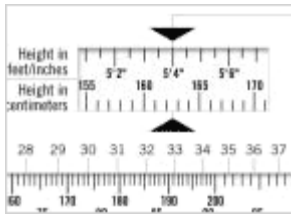


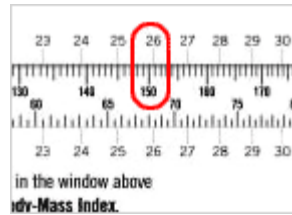
Lean Protein Estimator Instructions

This convenient tool created by David Heber, M.D., Ph.D. uses a person's height, weight and gender to determine Body Mass Index, Protein needed to maintain Lean Body Mass and calorie intake needed to achieve and maintain total wellness.

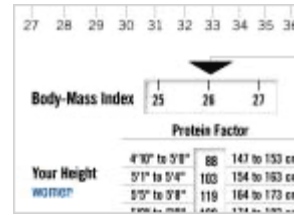
Simply use the Lean Protein Estimator following directions below. Example: A woman 5'4" tall and 150 lbs.



1. Set the height so that the arrow points to it.



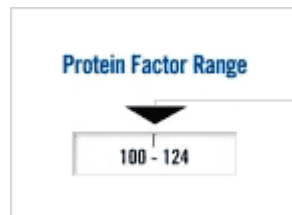
2. Without moving slide-rule, find the weight on the ruler and read the Body-Mass Index.



3. Set the Body-Mass Index to the number from step 2, rounding up to the nearest whole number.

Protein Factor	
Your Height	
women	5'0" to 5'4" 88 147 to 153 cm
	5'1" to 5'4" 103 154 to 163 cm
	5'5" to 5'8" 119 164 to 173 cm
	5'9" to 5'8" 133 174 to 183 cm
Your Height	
men	5'1" to 5'4" 118 154 to 163 cm
	5'5" to 5'8" 135 164 to 173 cm
	5'9" to 5'8" 152 174 to 183 cm
	6'1" to 6'4" 166 184 to 193 cm

4. Find the height and read the Protein Factor for women (in this example)



5. Set the Protein Factor Range identified in step 4.



6. If the person has more than 50 lbs to lose, is big boned or heavily muscled, simply "Plus" the program by adding Personalized Protein Powder (Suggested for Meal Plans B,C & D)

BMI (Body Mass Index) is a measurement that uses a scientific formula to determine a person's safest, healthiest weight based upon their weight and height. You can interpret your BMI results as follows:

- Below 20 = slender-lean
- 20 to 25 = ideal weight range
- 25 to 30 = overweight (25-27 could be healthy range if large-boned and heavily muscled)
- 30-39 = very overweight/high risk
- 40 + = extremely overweight/ high risk for health complications

Protein Factor (or Lean Body Mass) is a calculation used to determine your optimum calorie or protein intake for weight loss. It is the amount of someone's weight that is everything but white fat...bone, muscle, organs, tissues, water, etc. The protein factor is the amount of protein needed each day to maintain this lean mass.

Resting Metabolic Rate (RMR) is the number of calories you burn at rest during a 24-hour period.

Caloric Intake for Weight Loss/Maintenance is the amount of calories needed to lose weight and maintain it once lost. Calculated as: RMR minus 200, but not lower than 1200 calories a day.

% Body Fat - The percentage of fat compared to a person's total weight. Calculated as: Total Weight minus Protein Factor (Lean Body Mass) = Body Fat. Body Fat divided by Total Weight = % of Body Fat. Example above: 150 lbs minus 100 lbs = 50 lbs of fat. 50 divided by 150 = 33% body fat. **Optimal Range: Men - 20-25% Women - 22-28%**

Herbalife provides healthy protein requirements without sacrificing calories so that lean muscle mass is built and body fat percentage decreases, thus reshaping the body!

Fun Fact



7. Resting Metabolic Rate (RMR)

Enter the Protein Factor from Step 4 and the Lean Protein Estimator will calculate your Resting Metabolic Rate (RMR) ...how many calories you burn at rest! If you consistently eat less calories than your RMR, you will lose weight.

* The ShapeWorks™ [QuickStart](#), [Advanced](#) and [Ultimate](#) kits are excellent weight loss programs for all customers on [Meal Plans A, B, C or D](#). For Weight Loss, have person dial **888-229-6314 (plus current pin code) or 507-726-4158** for program details!