



For immediate release

The Importance Of Physical Health For A Healthy Brain

Renowned expert in mental health leads Herbalife Wellness Tour during Mental Health Week

Sydney, Australia, 18th Sept 2015 — Herbalife (NYSE: HLF) has announced its Herbalife Nutrition Advisory Board (NAB) member Dr Gary Small as the Special Guest Speaker of the 2015 Herbalife Asia-Pacific Wellness Tour.

The Wellness Tour is an on-going effort by Herbalife to raise public awareness of the importance of balanced nutrition and healthy active lifestyle, as a way to proactively combat the rising trend of public health issues such as obesity and diabetes.

Dr. Small is a professor of psychiatry and director of the UCLA Longevity Center. His research has made headlines in the Wall Street Journal and the New York Times. Scientific American magazine named Dr. Small one of the world's leading innovators in science and technology.

Over the course of the tour, which coincides with Mental Health Week, Dr Small will be raising awareness of the importance of balanced nutrition and healthy active lifestyle; how good nutrition promotes brain health and obesity affects mental health; and everyday external influences on brain health.

According to a recent review in Australia, 48% of men and 30% of women are overweight, while 19% of men and 22% of women are obese (A. W Thorburn, Prevalence of Obesity within Australia). This suggests that improved nutrition and increased exercise to reduce overweight and obesity could provide a considerable health benefit to Australians.

Herbalife Nutrition Advisory Board Member, Dr Gary Small, "Poor health not only impairs physical functioning but mental functioning as well. Overweight and obesity are associated with cognitive decline and depression. Recent studies indicate when obese people lose weight, memory and cognitive abilities improve significantly".

Dr Small recommends the following 5 tips for optimal health and nutrition:

- Eat smaller meals throughout the day to help curb appetite and optimize weight control
- Make sure your diet includes fish, nuts, flaxseed or other sources of omega-3 fats; plenty of colourful fruits and vegetables (phytonutrients); and healthy proteins and grains
- Get daily cardiovascular exercise; engage in strength training at least twice a week
- Stay socially connected; engage in mentally stimulating activities; and learn strategies to manage stress effectively
- Use technology to enhance your brain power and avoid over-using it, which can increase stress and impair memory

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For further information, contact

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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 fighting the worldwide problems of poor nutrition and obesity by offering high-quality products, one-on-one coaching with a 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 190 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, the LA Galaxy, Western Sydney Wanderers FC and champions in many other sports.

The company has over 7,800 employees worldwide, and its shares are traded on the New York Stock Exchange (NYSE: HLF) with net sales of \$5 billion in 2014. To learn more visit Herbalife.com.au

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