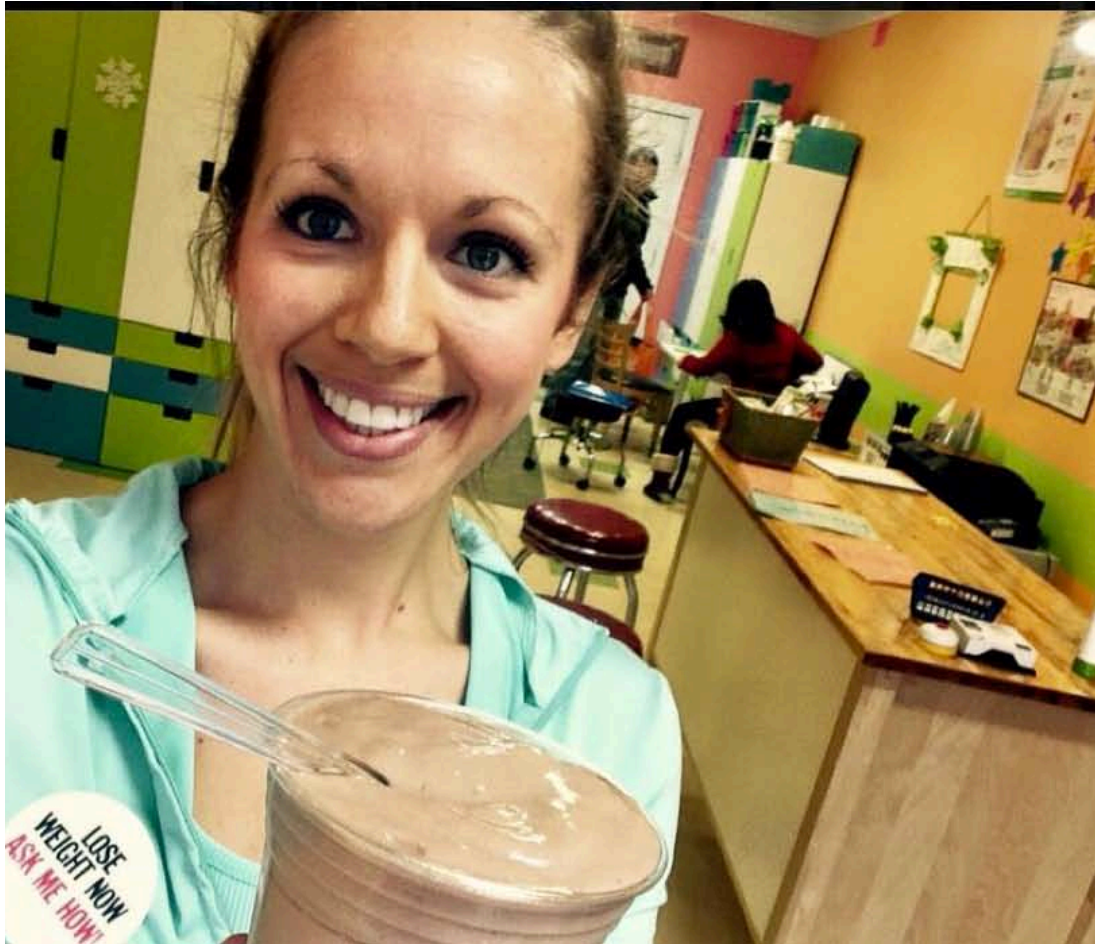


# GET Team Member

## Kailee McClure



**Kailee McClure**

February 9 near Gaithersburg · 🌐 ▼

○ Allowed on Timeline ▼

Danielle ItzigHeine Kelley - this is in honor of you!! S'mores (or should I say the Danielle special) shake for my afternoon treat!!

24 grams of protein with a healthy blend of complex carbs to keep me full and energized through our 2 weight loss challenge classes tonight!! I can't wait to celebrate 🎉🎉 everyone getting results on their nutrition programs!!! 🗨️ 📺 🍷 😊 🌟 😄 🙌

Happy Tuesday! 😊

📌 Tag Photo 📍 Add Location ✎ Edit

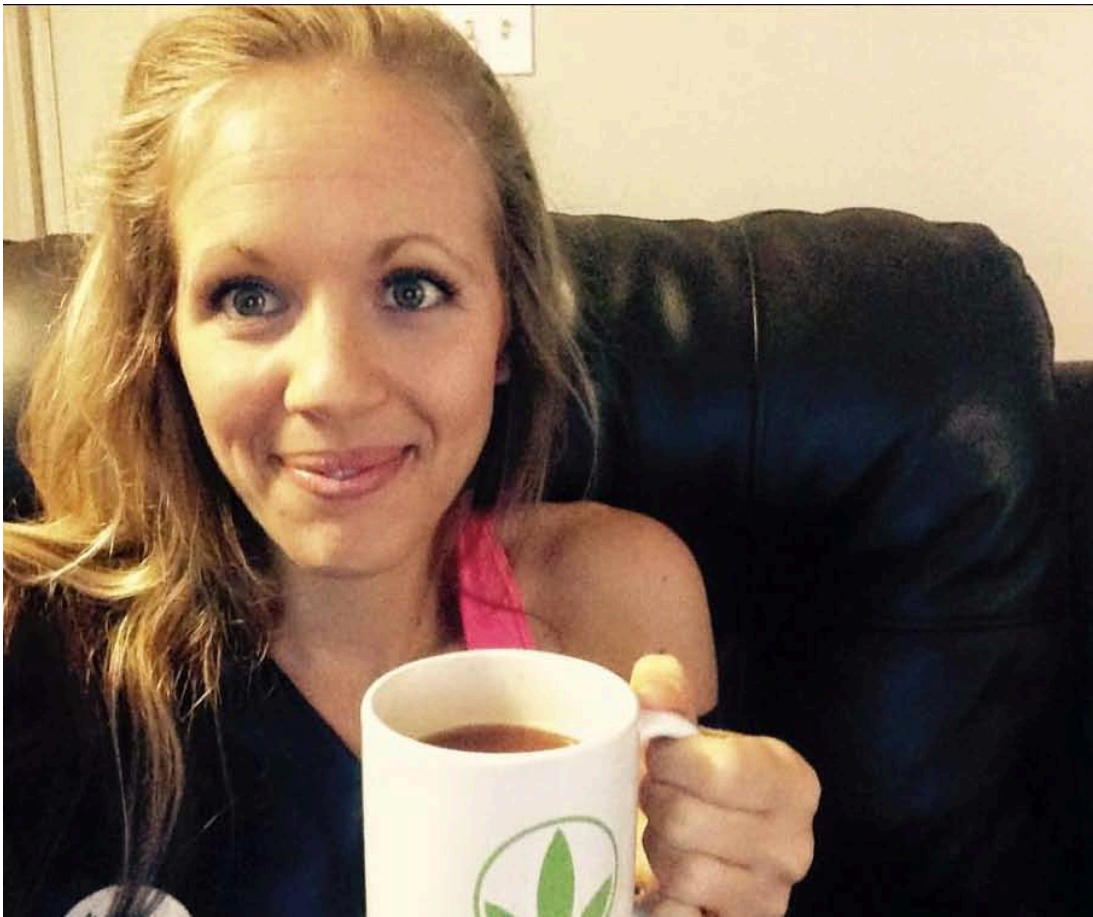
👍 Like 💬 Comment ➦ Share

👍 18

👤 Maggie Cookley How do you make them they look







**Kailee McClure**

February 3 near Gaithersburg · 🌐 ▼

○ Allowed on Timeline ▼

Hot Raspberry Herbal Tea Concentrate #turnup tea with a Pomegranate Lift-Off for the extra brain focus! #blastoff 🚀🚀 And Yummm!!

Extra energy boost and brain focus to blaze through some work under the covers on this rainy afternoon before heading back to the club for a fun-filled afternoon!! 😊🌟🚀💎💎

I don't know what I would do without Lift-Off some days!

📍 Tag Photo 📍 Add Location ✎ Edit

👍 Like 💬 Comment ➦ Share

👍 28



Write a comment...





## Mint Mask Monday!!

Shoveled out Kentlands Nutrition and more this morning and had a nice Rebuild Strength and Restore afterwards! ❄️🧴🧴

Now I am feeling fresh and clean in my Mint Mask while I get some work from home done this morning!!

#mintmaskmonday

📍 Tag Photo 📍 Add Location ✎ Edit

👍 Like 💬 Comment ➦ Share

👍 23



**Anne Hanessian** Great idea!! 😊

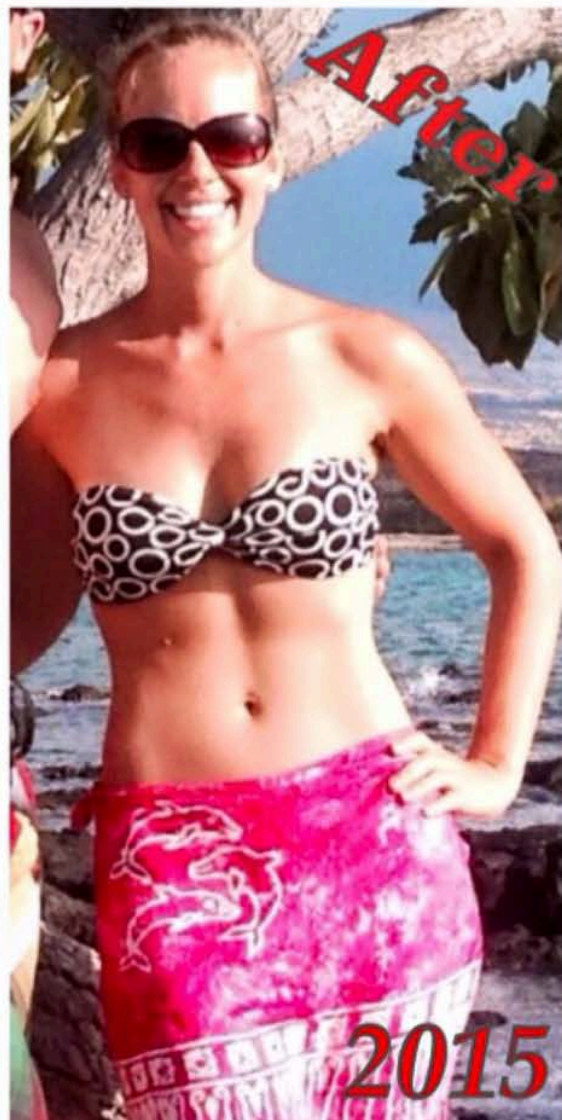
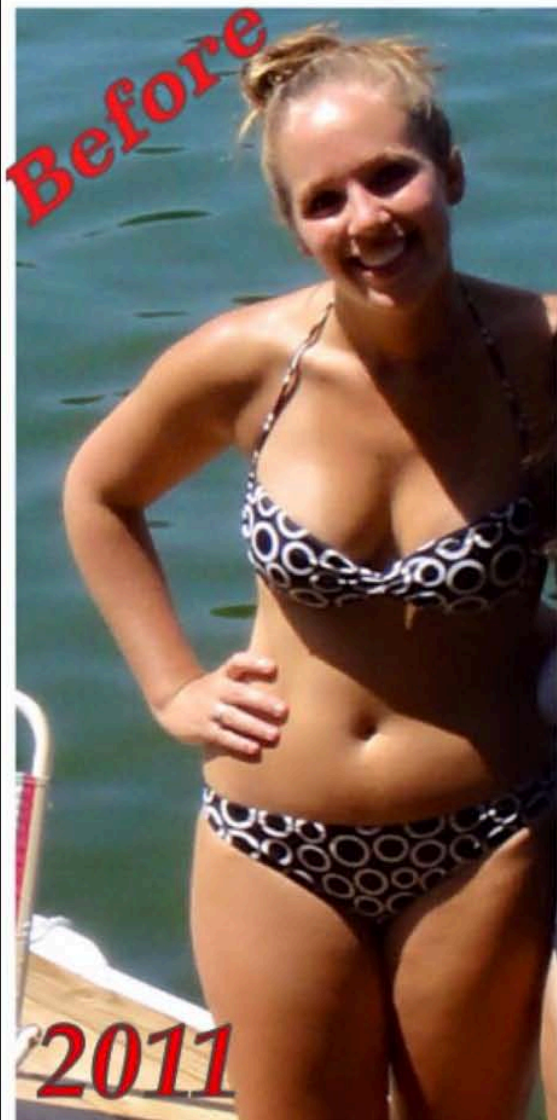
Like · Reply · January 25 at 4:32pm



Write a comment...







**Kailee McClure**

December 30, 2015 near Gaithersburg · ·

Allowed on Timeline

I am very proud of the results I got this past year! I truly have gotten in the best shape of my life in 2015. And it's not about the size of my pants or number on the scale that I'm excited about...it's how I feel that gets me so jacked up!! I have struggled with headaches my entire life and really understanding how to control them now with what I decide to eat is so powerful to me! I choose to e... [See More](#)

Tag Photo Add Location Edit

Like Comment Share

69



**Sherry Hamre** You are such an inspiration Kailee McClure!! Not to mention, a gorgeous person both inside and out 😊

Like · Reply · 1 · December 30, 2015 at 11:31am

Kailee McClure replied · 1 Reply



**Edwin Cave** Nice

Like · Reply · December 30, 2015 at 12:46pm



**Colleen Desmond** You look amazing, Kailee!



Write a comment...





**Kailee McClure**

January 23 · 🌐 ▼

○ Allowed on Timeline ▼

Personal Development gathering all cozy in our hotel room!! Major take aways from this!! I love sharing and growing together as a team!! 💛💛

#teamworkmakesthedreamwork #expandmyvision #wegrowtogether #businessmeetinginablizzard #noexcuses — with Yvette Cooper, Kim Reed Butler, Justine Leeper, Jennifer Fraser, Michelle Lynn, Danielle ItzigHeine Kelley, Jenn Blake, Laura McClure and Tracy Brown at Wyndham Garden Hotel - Philadelphia Airport.

📍 Tag Photo ✎ Edit

👍 Like 💬 Comment ➦ Share





**Kailee McClure**

February 13 near Gaithersburg · 🌐 ▼

Yum changing things up a bit for me this morning! 😊  
I had an Oatmeal style Shake ~ Cookies & Cream flavor with Cinnamon on top....oh my goodness it was delicious!! I think I found a new favorite! And of course with my #turnup tea on the side to get me energized for the day!! ✨

My Oatmeal (Shake) consists of 25 g Protein and 24 g Carbs.

Compared to if I were to make a Serving of regular Oatmeal (1/2 Cup oats) in water it would be only 5 g Protein and 27 g Carbs. That is out of the protein to carbs ratio I like to stay in to keep my blood sugars balanced throughout the day!

Here's how I make my oatmeal (shake):

~1 Tablespoon Oats in 6-8 oz of water in a bowl

~Microwave oats and water for 1-2 minute

~After it's been heated in the microwave, add 2 scoops Formula 1 (Vanilla, Cookies, Pumpkin, or Banana are all good flavors to use) and add 2 scoops Protein Drink Mix

~Today I added some cinnamon on top...typical I cut up a few strawberries to put on top though!

Perfect warm meal for these chilly mornings!!

Want to know more about what I consider to be a healthy protein to carb?? Message me to schedule a free wellness evaluation or just to learn more!

KaileeCMcClure@gmail.com



**Kailee McClure**

January 5 near Gaithersburg ·  

No time...No Excuses!!!

I just made my next meal in less than 30 seconds!!!  
Grabbed the cup, water and powders and shake her up!!!

It's a Banana Caramel kind of moment! 😊 24 grams protein of deliciousness to keep me fueled for the next 3 hours!!

 Tag Photo

 Add Location

 Edit

 Like

 Comment

 Share

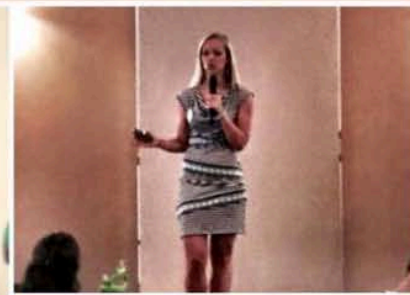
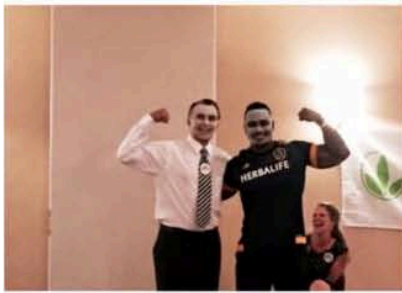
 14



Write a comment...







**Kailee McClure**

February 19 near Gaithersburg · 🌐 ▼

I can't wait for our Success Training Party tomorrow!! I love our monthly trainings because we get to come together as DC Metro Team Herbalife and learn from each other to continue to grow as one big family!

This is not a typical business meeting! It is filled with music, dancing, laughing and learning how to grow as a person! I look forward to this weekend every single month! 😊

If you are interested in making some additional part-time income around what you are already doing I invite you to be my guest tomorrow morning! Private message me for more information! KaileeCMcClure@gmail.com 301-821-3116

📍 Tag Photo 📍 Add Location ✎ Edit

👍 Like 💬 Comment ➦ Share

👍 14

1 share



Write a comment...

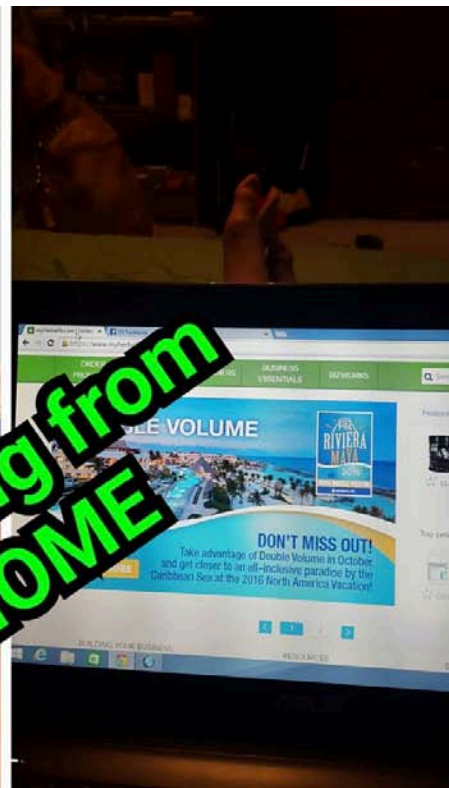


# GET Team Member

## Aaron Ringer







Working from home. Grateful for the opportunities to get myself healthy and others.

Like Comment Share

48

**Breannah Beavers** Gym today????

Like · Reply · October 27, 2015 at 12:01pm

Breannah Beavers replied · 2 Replies

**Sherri Bowser** Hey, can you send me recipes for pumpkin F1 please? I can't find any...

Like · Reply · October 27, 2015 at 1:04pm

Sherri Bowser replied · 2 Replies

Write a comment...



We'd like to improve Facebook for your friends

We'd like to hear your feedback! Please answer a few questions about your News Feed.



**Aaron Daniel Ringer**

November 24, 2015 · 44

It's that simple. You keep your diet and cutting out food and I'll just keep eating 6x a day and feel amazing. 🍌🥗

Like Comment Share

44

4 shares

**Mandii Blades** I need to get back 😊 seriously

Like · Reply · November 24, 2015 at 2:13pm

Aaron Daniel Ringer replied · 1 Reply

**Betsy Reynolds Helshman** Love this simple breakdown!! I need to steal this 😊😊

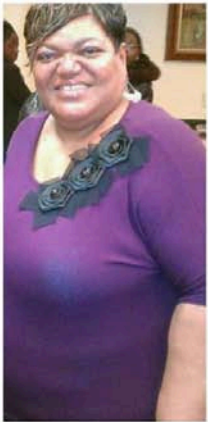
Like · Reply · November 24, 2015 at 2:18pm

Aaron Daniel Ringer replied · 1 Reply

**Lynndee Jo Culley** I should get stuff to get back on since I'm working now!

Like · Reply · November 24, 2015 at 6:02pm

Write a comment...



**Aaron Daniel Ringer**

October 7, 2015 · 🌐

WCW goes out to these 3 amazing ladies. I was able to spend the day with them at our local health fair to impact our community about nutrition, positive mindset, and the power of change. They took control of THEIR lives, look amazing, and are down 135 pounds combined!!

I'm looking for 6 new people to join the train and change their health. Let's get it. — with Taisha Richardson, Doris Williams and Rae Williams.

👍 Like    💬 Comment    ➦ Share

👤 James Brown IV, Bernadette Proctor and 27 others



**Taisha Richardson** ❤️❤️❤️

Like · Reply · October 7, 2015 at 10:13pm



**Rae Williams** Dawwwww 🥰🥰 Thankful for you!

Like · Reply · 👍 1 · October 7, 2015 at 10:18pm



**Doris Williams** Let's get it!!!

Like · Reply · 👍 1 · October 8, 2015 at 6:46am



**Bernadette Proctor** Great job ladies!!!!

Like · Reply · October 8, 2015 at 9:10am



Write a comment...





# Active World Team Member

## Danielle Kelley



**Danielle ItzigHeine Kelley**  
September 18, 2015 · 🌐

Congrats to both of you for getting started on your 3 Day Trial!!! You have goals and are determined to achieve them!!!!!! Im so excited for the both of you and it's gonna be much more fun to do it together!!!!!! If anyone wants to join them on their journey to healthy active lifestyle, feel free to contact me!!!!!! It's a lot more fun with friends!!!!!! — with Corgette Johnson and Boogie OriginalOne Lowry.

👍 Like    💬 Comment    ➦ Share

👍 34

View 7 more comments

**Boogie OriginalOne Lowry** Inbox Danielle ItzigHeine Kelley she will let you know what to do Taj Jones

Like · Reply · 🗨️ 2 · October 3, 2015 at 10:12pm

**Tiffany Jones** Was up Cuzzo where u at Boogie OriginalOne Lowry

Like · Reply · 🗨️ 1 · October 3, 2015 at 10:20pm

**John Best** The only boogey i was at came out of my nose 3hrs ago lol.

Like · Reply · October 3, 2015 at 10:22pm

**Boogie OriginalOne Lowry** Hit my fone Taj Jones

Like · Reply · October 3, 2015 at 10:28pm

**Danielle ItzigHeine Kelley** Thanks Boogie OriginalOne Lowry for the referral and you need to hit me

Like · Reply · 🗨️ 1 · October 3, 2015 at 10:31pm

👤 Write a comment...



**Danielle ItzigHeine Kelley**  
October 8, 2015 · 🌐

Love my morning with my kids heart feeling so full 😊😊. There's no better feeling then unconditional love!!!! Thankful for all my blessings!!!!

Like Comment Share

35

**Kailee McClure** 🍻🍻🍻🍻  
Like · Reply · 1 · October 8, 2015 at 9:17am

**Naomi UniqueBeauty** Those glasses look nice on u  
Like · Reply · October 8, 2015 at 9:26am

**Danielle ItzigHeine Kelley** Awww thanks Naomi UniqueBeauty they are new  
Like · Reply · 1 · October 8, 2015 at 9:32am

**Kia TrustingGod West** Amen! Love it!  
Like · Reply · 1 · October 9, 2015 at 3:25pm

Write a comment...

People You May Know See All

**Gustavo Kiesler**  
10 mutual friends  
Add Friend



**Danielle ItzigHeine Kelley**  
August 29, 2015 · 🌐

Allowed on Timeline  
View on Instagram

My daughter is my motivation look at those muscles. She's only 6. When we are out she doesn't ask me to stop at Mc Donald's no instead she asks if she can have a shake. She saved her money to purchase her own Herbalife 2 liter bottle and constantly hydrates herself with water. She loves to participate in fit camp. She's incredible. Lead from the front our children are watching. What example are you setting? Yes I'm a proud parent but what could I expect she's fueled by the #1 nutrition company in the world HERBALIFE!!!! Fun Fact: There are approximately 17,000 Starbucks franchises worldwide and over 80,000 Herbalife Nutrition clubs globally!!! Can you say IMPACT and I get to be a part of it!!!! I'm In love with what this company offers 😊😊😊😊!!!! — with Kailee McClure.

Like Comment Share

54

1 share

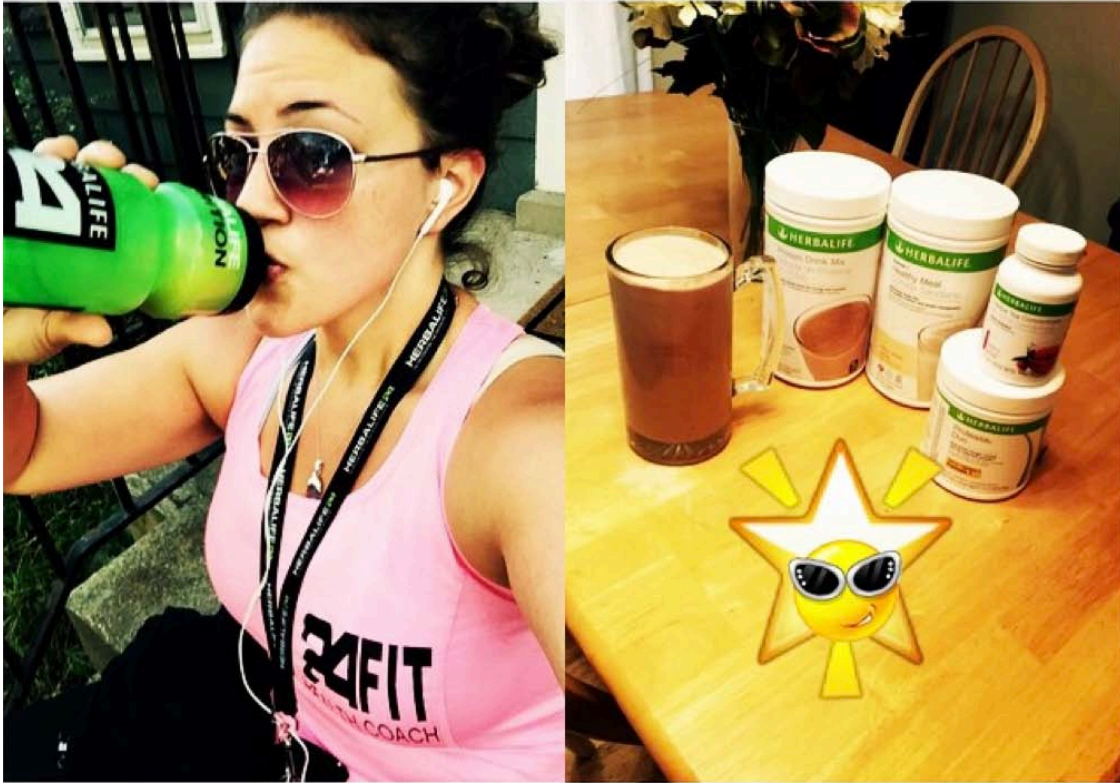
View 2 more comments

**Shannon Dorsey** Ayeeee..Go Yaya!!!! 🍻🍻🍻  
Like · Reply · August 29, 2015 at 4:04pm

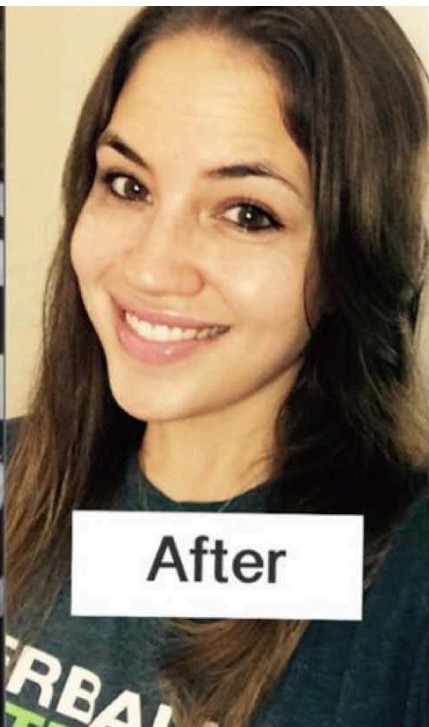
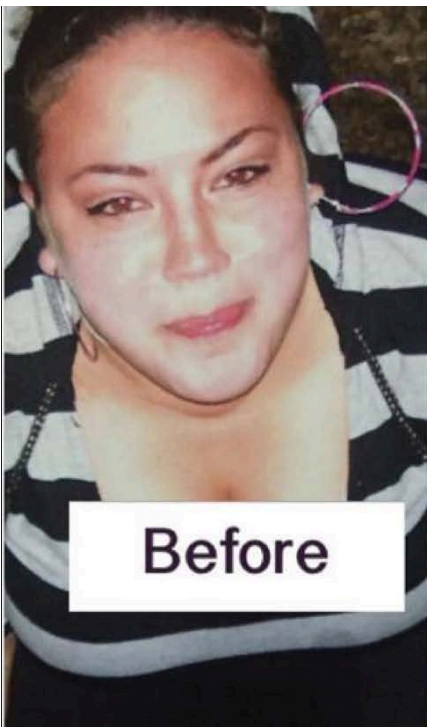
Write a comment...



✨ ✨ **This is how I start my Day!!!!!!!** ✨ ✨



🌟 **Fueled by Herbalife Breakfast**  
**followed by a 3 mile run!!!!!** 🌟



Danielle ItzigHeine Kelley

February 2 · 🌐

Transformation Tuesday

OMG I came across this before picture last night and was overwhelmed with a feeling of gratefulness. I was almost too embarrassed to post it but I quickly erased those negative thoughts. I then realized how proud I am to post it because it shows how far I have come. The picture on the left represents years of bad eating habits, unhealthy weight and low self esteem. The picture on the right represents a state of well being mind, body and soul. It's been such an amazing journey and I still have many more goals to accomplish!!! Never stop working on yourself. Goals! Goals! Goals! If your not working towards something your not living! I hope this picture helps to inspire someone today to make the change towards a healthier you. Don't know where to start I can show you how!!!!

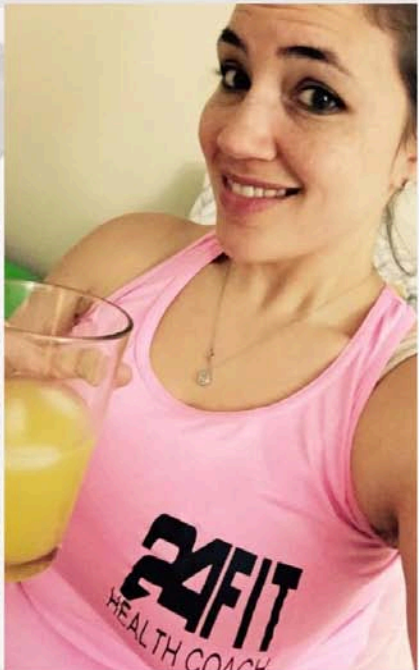
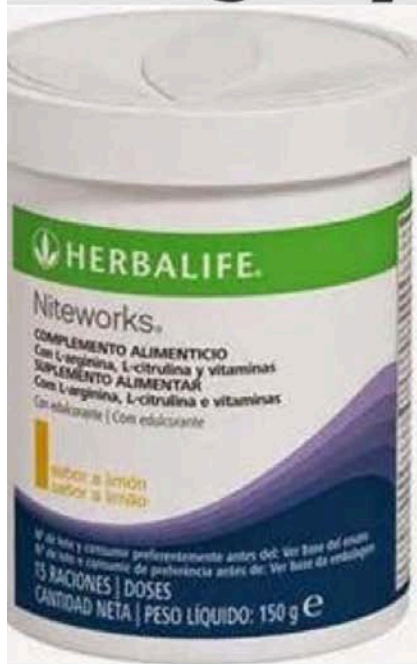
Scheduled for Feb 2, 12:00 PM

👍 Like    💬 Comment    ➦ Share

👍 98



# Nightly Ritual



♥♥♥♥♥ HEALTH ♥♥♥♥♥



Danielle ItzigHeine Kelley

January 31 · 🌐

Doing my nightly routine settling down with some Herbalife Niteworks!!!! Produces nitric oxide to support vascular health!!!! I wake up feeling refreshed👍👍👍👍

👍 Like 🗨 Comment ➦ Share

👍 14

View 1 more comment



Becky Green Just had mine!

Like · Reply · 👍 1 · January 31 at 8:54pm



Danielle ItzigHeine Kelley Do you drink yours hot or cold?

Like · Reply · January 31 at 8:55pm



Danielle ItzigHeine Kelley replied · 2 Replies



Anita Kelley Powell Hey hey Missy I need to contact you on this well fitness kit

Like · Reply · 👍 1 · February 1 at 4:51am



Danielle ItzigHeine Kelley Yes I will inbox you more information Anita Kelley Powell

Like · Reply · February 1 at 8:26am · Edited



Tracy Brown Had mine too last night mixed with mango aloe water

Like · Reply · 👍 1 · February 1 at 8:55am



Danielle ItzigHeine Kelley Me too Tracy Brown great minds think alike👍

Like · Reply · 👍 1 · February 1 at 8:59am



Write a comment...





**Danielle ItzigHeine Kelley**

Yesterday · 🌐

Documenting my journey to be reunited with my abs!!!! 6:30am workout and I found friends. Herbalife's gonna take over the gym!!!! Watch out now!!!! Anyone's welcome to join if your ready to put your body under construction contact me 📞 📧 📧 📧

👍 Like    💬 Comment    ➦ Share

👍 42



**Tracy Brown** So jealous

Like · Reply · 👍 1 · Yesterday at 11:02am



**Valerie Cooper** Get it Girl!!!! 😊

Like · Reply · 👍 1 · Yesterday at 11:12am



**Karen Caruthers** My next step. You go Danielle, you are a great example and encourager!

Like · Reply · 👍 1 · Yesterday at 11:16am



**Danielle ItzigHeine Kelley** Thanks Karen Caruthers

Like · Reply · Yesterday at 11:18am



Write a comment...



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**Gustavo Kiesler**

10 mutual friends

➕ Add Friend