

"I feel healthier and stronger since I started using Herbalife® products. I'm able to focus on my training and nutrition so I can reach my future goals!"



ELSE LAUTALA
FITNESS, FINLAND

BIO:

With a competitive background in rhythm sports gymnastics and training in dance, Else Lautala began focusing on fitness competitions in 2001. Over the past several years, her rigorous training has paid off: she is currently a three-time world champion. She is also a seven-time Finnish National Champion in sport aerobics.

ACHIEVEMENTS:

- 2003 Ms. Fitness World Championship
- 2005 FAME World Champion
- 2005 Ms. Fitness World Championship
- 2008 Fitness Woman Grand Prix – 2nd Place
- 2009 Ms. Fitness World – Silver medal

FAVORITE PRODUCTS:†

Formula 1 Healthy Meal Nutritional Shake Mix, Formula 2 Multivitamin Complex, Personalized Protein Powder and protein bars.

† Some Herbalife® products are only available in some countries. Consult your local product brochure.

FUEL YOUR PASSION

