



## **ARSENAL FC HIGH PERFORMANCE MANAGER DR DARREN BURGESS RETURNS HOME FOR THE HERBALIFE NUTRITION WELLNESS TOUR**

Herbalife Nutrition will embark on the Australian leg of the ninth Asia Pacific Wellness Tour with a series of national events from June 7-16. Herbalife Nutrition's Wellness Tour in Australia will feature headline speaker Dr Darren Burgess, Director of High Performance at Arsenal Football Club, who will be leading the conversations to encourage Australians to embrace a healthy, active lifestyle.

Herbalife Nutrition's Wellness Tour aims to educate its members and the general public, about the nutritional requirements of leading a healthy lifestyle, and the benefits of effective supplementation.

"I'm very excited to be returning to Australia for the Herbalife Nutrition Wellness Tour, and I'm thrilled to share my knowledge on how people can personalise their own health and nutrition," Dr. Darren Burgess said.

Shobie King, Herbalife Nutrition's vice president, South East Asia, strongly supports the Wellness Tour, and is proud that Herbalife Nutrition is working to improve the lives of Australians.

"Through our Wellness Tour and with the guidance of Dr. Darren Burgess, we hope to equip people with the right tools to develop greater knowledge of health, wellness and good nutrition across Australia," said Shobie King.

Dr. Burgess is an expert in sports science and nutrition, with extensive experience in education, training, sports science and fitness coaching for several top Australian national and regional sporting organisations.

Together, Herbalife Nutrition and Dr. Burgess are on a mission to help combat obesity in Australia. As a specialist in sports science and nutrition, Dr. Burgess will use the Herbalife Nutrition Wellness Tour as a platform to share his wealth of knowledge and assist everyday Australians in easily embracing a healthy active lifestyle.

Dr. Burgess will share his journey and success working in high performance, focusing on tailoring nutrition programs to specific health goals. He will discuss the latest research behind breakfast and athlete performance supplementation and how to apply these, as well as debunk common myths regarding exercise and diet.

"Australia is the fourth largest Sports Nutrition market in the world and we want to make sure Aussies are maximising the real benefits from all nutrition products, not only in sports. It's clear there is strong interest in this area from active Australians – our challenge is to encourage all the other armchair sports fans to get moving.

“While many people are now starting to focus on their personal health, staying on track can be hard - especially if you are tackling it on your own. Developing a support system of people who know your goals, strengths, and weaknesses can be extremely beneficial in keeping your healthy and active lifestyle going,” Dr. Darren Burgess added.

The Wellness Tour will visit five Australian cities in June 2018, touring through Brisbane, Sydney, Melbourne, Adelaide and Perth.

For more information, visit: <http://company.herbalife.com.au/events>