

in

LIFE PLUS

OCUS

MARCH 2010

INSPIRATION
OPPORTUNITY
FUN FAMILY
SPIRIT INSIGHT
BERLIN 2010
RECOGNITION
MOTIVATION
ENTERTAINMENT
APPRECIATION
FRIENDSHIP

VISIONS • DREAMS • FRIENDSHIPS

Gerhard and Heike Haug

We are Gerhard and Heike Haug. Together we are 95 years old, but we feel much younger. We have three great children: Henry, Jenny and Jacqueline, who are an exciting 16, 14 and 9 years old respectively.

Life Plus couldn't have entered our lives at a better time.

Heike:

I am a self-employed beautician. In my small studio I offer not only hair styling but also head and relaxation massages. I received my pension statement approximately two years ago, which opened my eyes with respect to my financial future. Furthermore, it led me to take a close look at my life.

I was 43 years old at the time, and the government told me that I had to continue working for another 24 years in order to receive a retirement benefit that would all but let me starve! Don't misunderstand me, I love my job—I offer people the opportunity to feel better on many levels, but would I be able to do this for another 24 years?

I knew that something had to happen soon and Gerhard gave me Gabi Steiner's book and said: "Read this—this is where people come first!"

Many of the usual paradigms came to mind: "We don't do something like that!"; "Hands off!" and many more. I skeptically read the book to find out what this was all about.

However, I kept an open mind and I was curious! I read the book and determined that this concept was for me—for us! A day later we simply started! We recognized the opportunity and we didn't have anything to lose.

This started a period of testing, growth and development for me. I attended nearly every event. I wanted to know what kind of people I would meet, whether they lived by their words and I wanted to feel the spirit. These were all things I needed to confirm my gut feeling.

Gerhard:

Since I finished my degree in business administration more than 20 years ago, I worked



as a project manager for an international IT-company. Because of the international contacts and different time zones in which the individual project team members were located (Asia, Europe and the USA), I spent more hours at work and in telephone conferences than I did at home. Even at times when others were sleeping there was always work to be done on the projects and conferences scheduled.

As a regular employee I was involved in projects and was subject to directives by others. There was little room for making decisions and I was always very dependent on the goals, standards and requests from supervisors and customers. But who isn't familiar with that?

A little more than five years ago, the company decided to move the positions to Asia. After talking to my family, I decided to become self-employed. At the same time I began to look at network marketing and thoroughly checked out several different systems.

I found out about Gabi Steiner's book through my brother. He handed it to me during a visit, and at first I just put it aside. I picked it up after several weeks and read it—and I was immediately excited about this true referral marketing business. When I gave the book to my wife, Heike, she read it critically and skeptically and checked it as mentioned above. We made the decision to go on this journey together.

We can hardly describe with words what we have experienced since then. Thanks to this unique company, our hearts are filled with visions, gratitude and enthusiasm. Our children grow up with parents who take their future into their own hands and they support us in our work. We love this business. We are enthusiastic and filled with perspectives and the people with whom we talk can feel it—and the products provide us with the energy to do all of this.

Our next goal is to qualify for LPU 2010 and celebrate our 25th wedding anniversary there! Thank you, Life Plus!

Thank you to all that are on this journey with us, that support us and believe in us. A special thank you also goes to our great team. We are happy and proud that we are able to be on this journey together with you.

Attitude

Not Aptitude *Is the Key to Success*

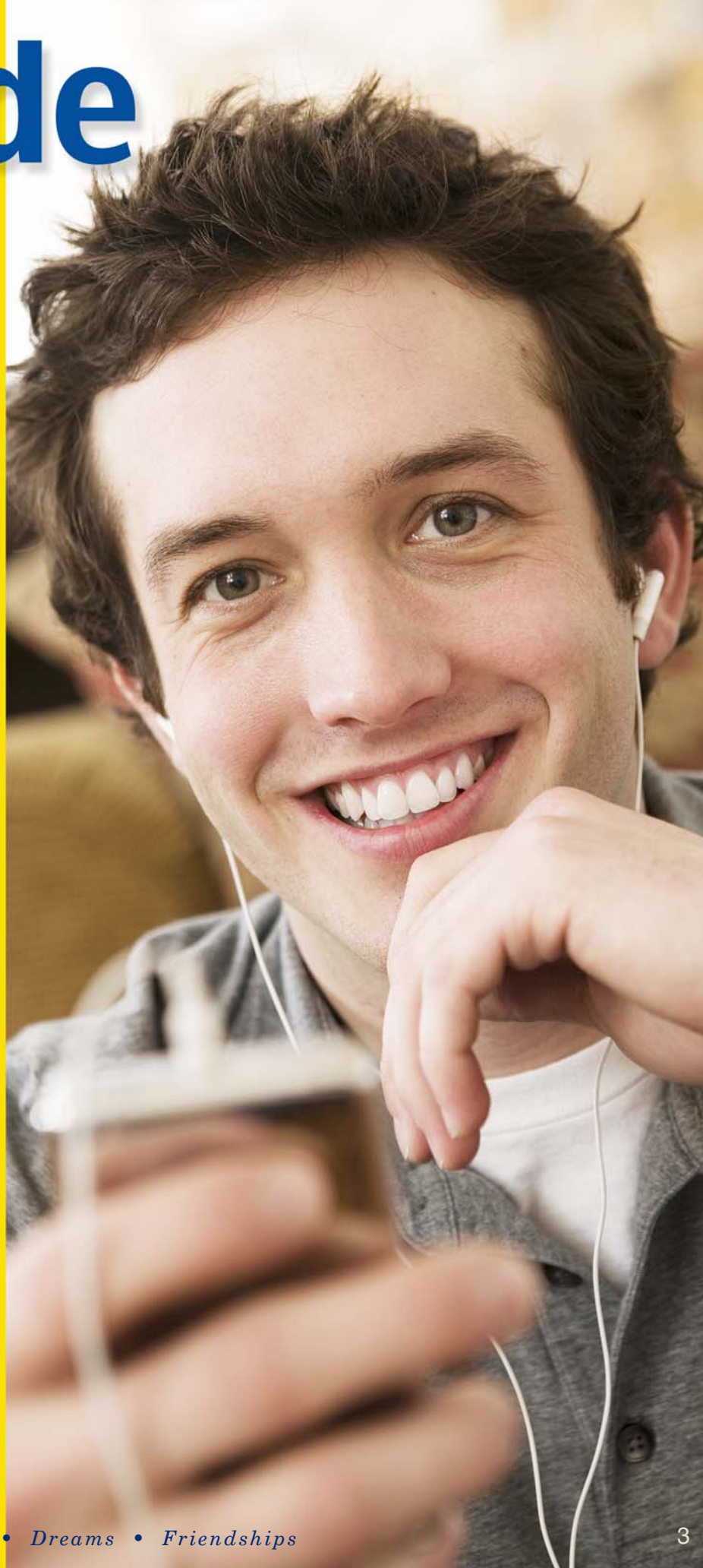
Most people dream of being successful. But people have different notions about what success is. These range from money to fame to power and more. Some think success is the result of genius, formal schooling, magic or something or other. But we all know of people who achieved great things with little or no formal education. So what is the secret to their success?

Thomas Jefferson once said “Nothing can stop the man with the right attitude from achieving his goal.” This could not be truer. While attitude is not everything when it comes to success, it does play a role in just about everything we do in our lives. Therefore, adapting the right attitude for success should be at the top of your list because if you have the right attitude everything else will fall into place.

So how does one develop the right attitude?

- Understand the power of attitude. Be in command of your mindset and focus your energy on the positive.
- Choose to be successful.
- Surround yourself with positive people. Positive people can lift us up and make us feel good about ourselves and our lives.
- Think positive! Set goals for yourself and believe that you can achieve these goals. Say you can... and then try.
- Prepare yourself to work hard. Success doesn't happen over night. It takes motivation, work, persistence and keeping an eye on your goal.
- Never leave till tomorrow what you can do today! Don't procrastinate—do it now.
- Read and listen to motivational material.
- Ask your sponsor or upline for help.
- Don't get discouraged by your setbacks. Remember that setbacks are temporary and will pass. Learn from them, focus on a solution and continue to pursue your dream.
- Count your blessings, not your troubles. There are a lot of things everyone has to be thankful for—count them one by one.

A positive attitude is the key to your success. Remember, there are always two ways to look at things: You can see the glass as half full (positive) or half empty (negative). Attitude says a lot about us. With the right attitude you can achieve anything you set your mind to—be it attending Life Plus University or becoming a Diamond and living the life you always dreamed of!



MARK YOUR CALENDARS!



We are very excited to announce the dates of Life Plus University 2010. LPU will take place September 8 - 12, 2010 at the Red Apple Inn and Resort in beautiful Heber Springs, Arkansas—just a short distance from the headquarters of Life Plus International in Batesville.

To qualify for the 2010 Life Plus University, you must have a rank of Gold for three (3) consecutive months by July 31, 2010.

We want you to participate in this exciting week of classes, tours, team-building exercises and, of course, the banquet. We know you can do it! Start qualifying now for LPU 2010. We look forward to seeing you there!



Meet the Next Generation of Life Plus Partners

The years pass and the seasons change—so do people. Spring is upon us and brings with it new life; and a new generation of future Life Plus partners that are ready to inspire us. With this little anecdote provided by his mother, Stephanie Hedwig, we would like to introduce you to Mika, one of the inspirational young people in the next generation of Life Plus.

Mika was taking a bath while Stephanie was in the kitchen. When he was finished, he came down and a little conversation ensued, which we would like to share with you:

Mika: “What are you doing?”

Stephanie: “Cleaning the sink, did you have a nice bath?”

Mika: “Yes, and it was very relaxing. I listened to English music from our English lesson. I must become fluent in English.”

Stephanie: Yes, but why?”

Mika: “I’ll tell you, but first do something good for my body and make me a Life Plus shake.”

Stephanie: “Of course.”

Mika: “It is good that we know Life Plus.”

Stephanie: “Why?”

Mika: “Otherwise we wouldn’t have met such great people like the man from America, Gabi Steiner, Lissy and especially Martina Nagel.

Stephanie: “What man from America?”

Mika: “Bob, and that’s why I need to learn English because I definitely want to join Life Plus when I’m old enough and want to be able to talk without an interpreter.”

Stephanie: “What do you like so much about Life Plus?”

Mika: “The life and the people.”

Stephanie: “Yes, me too.”

Then the shake was empty and the conversation was over. With an attitude like that, Mika is already a member of the Life Plus family. We look forward to the day we can help him build a business of his own.



Do you have an inspiring story to share about someone in the next generation of Life Plus partners? For consideration, please send your story to lpnews@lifeplususa.com with “Next Generation of Life Plus Partners” in the subject line.



Introducing: The New Life Plus®

Performance Sports Nutrition Packs

Sports nutrition can be a complicated topic, and knowing just what to take and what to eat for your level of performance can be overwhelming. That's why we have specifically created Sports Performance Packs with special athletic performance in mind. Each Pack contains products that were combined synergistically to provide you with optimal nutrition for your activity level:

Physical Performance Pack

The Physical Performance Pack includes Fusions Red®, an ultra-concentrated fruit blend for healthy joint support; Circulation Formula to support the development of muscular strength, size and endurance; and your choice of the Vanilla or Chocolate Triple Protein Shake, a protein blend of soy, whey and milk that provides the highest possible rating for protein usability by the body.

- Product #505 – Vanilla Physical Performance Pack
- Product #506 – Chocolate Physical Performance Pack



Extreme Performance Pack

The Extreme Performance Pack includes Fusions Red®; Circulation Formula; your choice of Vanilla or Chocolate Triple Protein Shake; as well as Somazyme, a blend of highly purified proteolytic enzymes; EnerXan for long, strong, smooth and sustained energy; and Life Plus SMARTbars, a low-glycemic chocolate bar that contains a special combination of complex carbohydrates, healthy fats, quality proteins and dietary fibers.

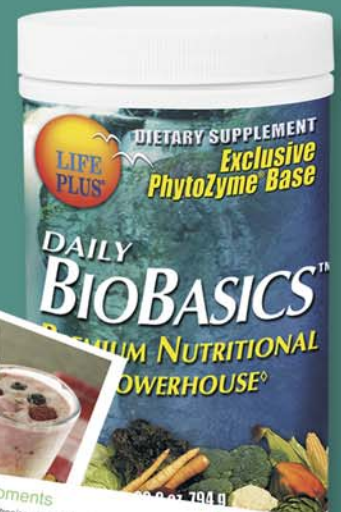
- Product #507 – Vanilla Extreme Performance Pack
- Product #508 – Chocolate Extreme Performance Pack

DAILY BIOBASICS™

Great New Daily BioBasics Recipes Now Available Online

Are you looking for more great-tasting, nutritious and delicious ways to prepare your Daily BioBasics drink? Then help is just a few mouse clicks away. Log on to our Daily BioBasics recipe page at www.lifeplus.com – click on Daily BioBasics Recipes and try one of the delicious new recipes we have just added. The recipes are printable and are available in English, German, French, Italian, Spanish, Finnish, Swedish, Turkish and Japanese.

How do you take your Daily? If you have a great recipe that you would like to share with us, please e-mail us at LPNews@LifePlusUSA.com for consideration and your recipe could be featured in the recipe section of the website as well as in the *Life Plus inFocus* newsletters.



Fruit and Nut Mixer
Refreshing with a nutty twist

INGREDIENTS

- 2 Scoops (6.4 g) Daily BioBasics
- 4 – 5 1/2 oz (120 – 160 ml) Sodasics
- 4 – 5 1/2 oz (120 – 160 ml) Orange Juice or Apple Juice
- 1 Banana
- 1/2 Grapefruit
- 1 Kiwi
- 5 – 10 Frozen Raspberries
- 3 – 5 Walnuts or Almonds
- 5 – 10 Frozen Red Currants or Blueberries

DIRECTIONS

Mix well in blender. For a twist, add honey or vanilla shake powder; replace one of the ingredients with cucumbers or carrots; or replace 1/8 of the grapefruit with pineapple.



Caribbean Moments
Get whisked away to the tropics with this flavorful shake

INGREDIENTS

- 2 Scoops (26.4 g) Daily BioBasics
- 1 Scoop (60 cc Scoop) Triple Protein Shake Vanilla
- 8 – 11 oz (240 – 320 ml) Nonfat Milk
- 1 1/4 oz (40 ml) Banana Juice
- 1 1/4 oz (40 ml) Mango Juice
- 1 Tbsp Instant Coffee or Espresso
- 1 Tbsp Coconut (grated)
- 3 – 4 Ice Cubes

DIRECTIONS

Mix together in shaker cup.





Svenja Vierling

My name is Svenja Vierling. I am 26 years young and live in Achern, Germany. I am a sport therapist by profession.

In April 2003 my parents and I were introduced to the brilliant perspective that is Life Plus. We started as a family team and our first goal back then was to finance my education which I had just started. After a short time we had achieved our goal and my education was no longer an additional financial burden for my parents. When I completed my education I already knew that this perspective would provide me with the opportunity to define my work day and take my life into my own hands. This allowed me from the very beginning to spend my time with the people who mean the most to me—my brother, my parents and, of course, my boyfriend.

I am truly grateful for this luxury—not to have to work for the goals of an employer without the chance for financial security. To experience this quality of life now and to be able to pass it on to other people who also wish to take their lives into their own hands—that is what Life Plus means to me today.

Of course it took some time until I grasped the full meaning of the opportunities this brilliant concept has to offer. Slowly, but surely, and with the patient support of my parents and my Upline, Ottmar Job and Isolde Baumann, I worked on my self-development and built up my team.

I enjoy my life and my freedom, and I am grateful that I am able to define and enjoy each new day thanks to the nutritional supplements. I know today any success is only possibly through self-development. I was able to participate in the Life Plus University in September 2009 and experienced that Life Plus is also a family team. This confirmed that I/we are on the right track.

I can only recommend to all younger people to be brave, to decide on this unique concept and walk this path with me. I wish you much success.

BERLIN 2010



The Spirit of Life Plus™

April 17



The 'Spirit of Life Plus™' event in Berlin on April 17th will be here before you know it, and you will not want to miss this event. This exciting day promises to be filled with recognition, inspiration and friendship!

Don't miss this opportunity to meet the Founders of Life Plus and listen to motivating and insightful speeches from some of the top leaders.

Call the Life Plus Europe office today to reserve your tickets!

Ticket Prices**

Day Event:	€25.00
Lunch Buffet:	€19.50
Evening Event:	€45.00

Reg. Pricing*

Venue

Estrel Hotel and Convention Center
Sonnenallee 225
12057 Berlin
Tel: 030-6831-0
www.estrel.de

Day Program

Entrance:	9.00 hrs.
Program Begins:	10.00 hrs.
Program Ends:	17.30 hrs.

Evening Dinner Dance

Doors Open: 19.30 hrs. until late

* Tickets for the evening event will be assigned seating only. The seat will automatically be allocated close to your upline Diamond. **Any seating requests received after February 19th cannot be guaranteed.** Seating charts for the evening event will be on display from midday Saturday, April 17th for your convenience.

** Ticket prices are non-refundable and cannot be exchanged. All prices are inclusive of 19% VAT. The VAT varies from country to country, which reflects on the ticket price. Drinks are not included.

- Germany: 0800 101 3201 • Switzerland: 0800 000 122 • Italy: 800 906 511 • Austria: 0800 111 977 •
- France: 0805 111 400 • UK: 0800 854374 • Sweden: 0200 887 555 • Spain: 800 099 211 •
- Finland: 0800 117 505 • Norway: 80 01 48 88 • Hungary: 06 800 14911 • Poland: 00 800 12 11984 •
- Belgium: 0800 48265 • The Netherlands: 08000 203639 • Turkey: 0800 415 1130 •

Information on accommodation in Berlin can be found on www.LifePlusEvents.com



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