

Herbalife **FLEX45** 5K Challenge

Frequently Asked Questions

- **Q: How do I register for the FLEX45 - 5K Challenge?**
 - **A:** You have to sign up for FLEX45 on MyHerbalife.com landing page via a pop up. Then, you may now start registering your run by submitting it through www.surveymonkey.com/r/Flex45-5KMChallenge
- **Q: Who can participate in the FLEX45 - 5K Challenge?**
 - **A:** All Distributors who has signed up for Flex 45 may participate.
- **Q: Is there a Registration fee?**
 - **A:** No, this is free to all distributors. No purchase requirement. It's an additional rewarding activity to keep the distributors active and motivated to develop themselves and grow their businesses.
- **Q: What apps should I use to capture my run session?**
 - **A:** Any GPS Running trackers that can provide you with an accurate tracking of distance and time is allowed. Here is a list of some of the recommended GPS Running trackers:
 - [MapMyRun](#)
 - [Strava](#)
 - [Adidas Running](#)
 - [Nike Running](#)
 - [Samsung Health App](#)
 - [Google Fit](#)
 - Other preferred running tracking apps

For those that are using treadmills, please take a photo of your distance covered from the dashboard with a reference to the date of the activity.

- **Q: How do I submit the run?**

- **A:**

- **Step 1:**

- Use the recommended GPS Running Tracker Apps or Treadmill to record your Run starting from April 16 - May 30

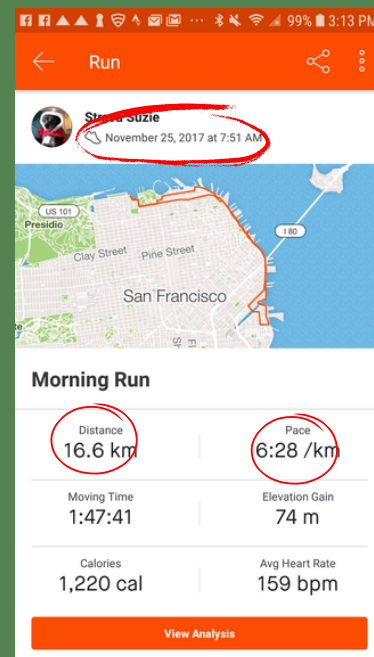
- **Step 2:**

- Take a screenshot of your finished run activity, making sure that the following info are visible:

- Date
 - Distance in KM
 - Duration of the run and average pace (time/km)



If you are using a treadmill, please take a photo of the dashboard with the distance, time, and a reference to the date.



For more information, please contact Distributor Relations.

Call 09190592828 or (02) 8555 2828 and email memberservicesph@herbalife.com

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Frequently Asked Questions

- **Q: Can I submit more run results even if I have completed my minimum distance?**
 - **A:** Yes, you may submit your results even if you have already achieved the 225 KM.
- **Q: How do we determine the winner:**
 - **A:** Run or walk 5km daily and aim for over 225KM to break into the Top 10 leaderboard. The farther you go, the closer you get to the top!
- **Q: What are the prizes?**
 - **A:** The following are the prizes:
 - 1st Place: One (1) Under Armour Gym Bag and One (1) Nutribullet Pro
 - 2nd Place - 10th Place: One (1) Under Armour Gym Bag
- **Q: When will be the announcement of the winners?**
 - **A:** Please follow our official Telegram group www.t.me/HerbalifePH to keep you updated.
- **Q: Is there a limit to how many results I am allowed to submit?**
 - **A:** No, there is no limit to how many results you can submit. This is an accumulative run challenge, thus you may take as many or as few submissions to complete the minimum 225KM in 45 Days.
- **Q: How do we track our run and is there a leaderboard for the challenge?**
 - **A:** To get the most out of the challenge, we suggest using one running tracker from start to finish. It helps you see your progress and push past your personal best. Running apps show your distance stats, and we'll be sharing leaderboard updates in the Herbalife Philippines Telegram Group.

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5K Challenge

Terms and Conditions

- Flex45 Challenge is open to all DISTRIBUTORS only with Philippines as their country of processing.
- Monitor your progress using the Herbalife Active Lifestyle App, any GPS running trackers, and compatible GPS-enabled wearable devices for this challenge. Treadmill run/walk records are also accepted, provided you submit a photo proof of the activity showing the distance (km), duration, and average pace (time per km), along with a device displaying the activity's date and time.
- Any run/walk records deemed suspicious, inaccurate, assisted, or duplicated will not be counted in this challenge.
- All results and submissions must be made between April 16, 2025, at 12:01 AM and May 30, 2025, at 11:59 PM. Submissions outside these dates will not be accepted.
- There are no restrictions on the distance of the activity; however, we encourage participants to aim for a minimum of 5 KM per day during the challenge period or 45 Days.
- Participants must be at least 18 years old and must accept the Release of Liability to take part in this challenge.
- Please consult your physician before engaging in any physical activity.
- Distributors need to claim their rewards and address any questions or disputes regarding these or related charges within 90 days of qualification.
- Reward items will be shipped to the registered address of the Top 10 Leaderboard Finishers with Herbalife Philippines. Each membership is limited to one reward.
- By participating in the Flex45 Run, you grant Herbalife Philippines permission to use your submission entries for marketing purposes and agree to their privacy policy and Terms & Conditions.

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