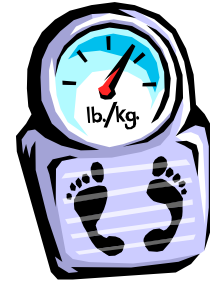




## Weight Loss Challenge Testimonial



**Name:** Carl L.  
**From:** St. Joseph, MI

**Why I joined the Weight Loss Challenge:**  
I joined because I was tired of being FAT.

### **How my life has changed:**

I am now thinner than I have ever been in my adult life. I weighed in at 276 pounds in January 2008. In January 2009, I now weigh 176 pounds. I have gone from a size 46 waist to a size 34. I have gone from taking medication for high blood pressure to being completely taken off of the medication. My BMI in January 2008 was classified as Obesity 2 with risk factors of diabetes and heart disease. My current classification is NORMAL with zero risk factors. First time ever!! I workout 4-5 times weekly.

I now share clothes with my 16 year old athletic son. I can now ride the extreme rollercoaster's that I previously was banned from riding because I was too fat.

My wife thinks I'm "hot". That is the coolest thing!!

### **My Favorite Herbalife product:**

The Herbalife Healthy Meal shake mix. My wife and I like them in pie form. My favorite flavor combination is Dutch Chocolate and Peanut Butter.

### **How my coach helped me:**

My coach (Jack G.) had placed me on a 1600-1800 calorie. I wasn't hungry so I didn't eat. I fell into the age old advise (from my parents when I was a kid) that you need to stop eating if you want to lose weight. I followed that advice and hit a month long plateau. I had lost 25 pounds and figured that was all I was going to lose. Jack G. reviewed my food logs and informed me that I was only eating about 1000 calories a day. He talked me into eating enough calories (1600-1800/day). I took his advice and pounds started and continued to fall off.

WOW What a Story!!!  
From a size 46 pant to now wearing my teenager's clothes!!  
The best part is my wife thinks I'm **HOT!!**



Carl Lane  
January 2008 to January 2009

