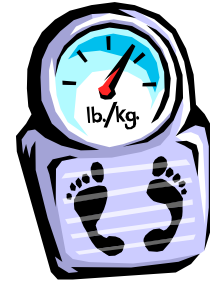




Weight Loss Challenge Testimonial



Name: Catherine M.
From: MI

Why I joined the Weight Loss Challenge:

I joined back in May of 2005. I was competitive for the challenge but not fully committed to long term weight loss. I changed some bad habits but not all! Then I got serious for good. I didn't want to be morbidly obese like my doctor labeled me. I knew I was so much more. I was a wife, a mother, a daughter, a sister, an aunt, and a friend. I also was a smaller person waiting to get out. I had many health issues. I realized I needed to change not just my weight but my lifestyle. So I returned for another challenge because I knew it worked. Especially if I worked the program EXACTLY how my coach had taught me.

How my life has changed:

Now after losing 100#, my life became a life again. Being heavy, I really was just existing. I wasn't really involved in much. I could hardly keep up with my four children. Now I plan healthy meals, educate my children on proper nutrition and exercise, and I try new things. I exercise all the time! Not because I have to because I want to! I love riding bikes, hiking, swimming, and working out. This past year I even went snorkeling and parasailing in Hawaii. Something I wanted to do but I let my weight hold me back. I am now comfortable in my own skin!

My Favorite Herbalife product:

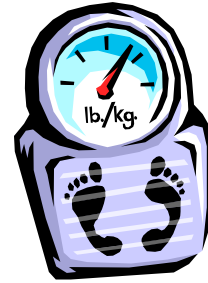
I love the pies! I was hooked on them from day one. I love each and every product I have ever tried. They have all helped in giving me my life back. There is not one product that doesn't do what it says it can do. That is awesome! I have brought my lab numbers to where they need to be by working the program that was set up for me by my coach. Natural and healthy are two words that really weren't in my vocabulary a few years ago.

How the coaches helped me:

Where do I begin? First I am here today because of the Lord above, my parents, and now Dave and Pam. I am not joking! I know God put me here to do great things, my parents have guided me along my life, now Pam and Dave have opened my eyes. They have been my cheerleaders, my confidants, my inspiration, my educators, and most of all my friends! They were always there cheering me on, supporting me, guiding me, and always made me feel like together we could do this! And we did! Every week they would always be so proud of me. Even if I was only a half of a pound down they still would celebrate that loss with me. I never wanted to have a gain because I felt like the least I could do for them is for them to see less of me each week. I can't even put into words how grateful I am to both of them. They are truly amazing people. I thank God everyday for bringing them into my life. They have held my hand through this journey and now they are helping me soar! That is not just a coach, that's a friend!



Weight Loss Challenge Testimonial



Catherine Before!!



Catherine After!!

