



Weight Loss Challenge Testimonial



Name: Teresa V.
From: Hannibal, Missouri

Why I joined the Weight Loss Challenge:

It was an affordable start to get me on track and held me accountable every week. I knew someone that had tried the products 27 years prior and had good luck with them. I also started hating pictures of me. I was having problems with my feet hurting, just started medicine for acid reflux and wasn't comfortable at times sleeping.

How my life has changed:

My feet quit hurting which encouraged exercise and helped my energy level. I love that my thighs don't rub together anymore when I walk! I no longer need the acid reflex medicine. I have become more confident and have learned to challenge myself. I have gained friends instead of weight! Best of all, I can no fit in sizes that I haven't worn in 17 years. I know I have added more enjoyable years to my life and thank Herbalife, it's not a diet but a lifestyle change. I am focused on staying this way.

My Favorite Herbalife product:

The shakes are great and so many ways to enjoy, along with using them in pies. Who would of thought that would be allowed! The protein bars get me through when I need a snack and have a sweet tooth. The tea's give me the energy boost that I didn't always get from coffee. Other products I use are protein powder, Cell U Loss, Cell Activator, Joint Support, Total Control and Herbalifeline. I started out with the shakes and seen how some of the other products worked for others and didn't want to be left behind.

How the coaches helped me:

My coaches were my cheerleaders and when I would get the least bit discouraged they would help guide me. I learned so much each week about the body and nutritional facts. I have so far been with these positive coaches for three challenges. I've lost 53.2 pounds and 53 inches in 9 months.

Before 194.6#



After 141.4#

