

"I'm in better shape now than I was at age 25."

115 Pounds Lost



Looking to lighten up

After high school, Lenny Totoro's weight continually climbed until he reached an unhealthy 330 pounds. Plagued by Type 2 diabetes, psoriasis, acid reflux and a bad back, Lenny realized that losing weight was no longer an option, it was a do-or-die situation. "You name it, I had it. My health was horrible and I needed to change my lifestyle or else," he says.

Reaching out

Lenny knew someone in town who worked as an Herbalife Distributor who set him up with the Thermojetics® Green Weight-Management Program. Within a month he was losing weight, and he ended up going from 330 to 230 pounds and his waist size dropped from 52 to 35 inches. Not only that, but he was full of energy. He took his weight loss even further and is now down to 215 pounds and counting!

A life-changing experience

"Herbalife gave me the energy I needed to get back into the things I loved, like music. I had neglected a lot of things because I felt tired and sluggish all the time," Lenny explains. "The other major change that happened is my health improved so much that I was able to get off all the medications I had been on within a month. Two to three months on the plan, my doctor said, 'Whatever you're doing, keep it up.'"^{*}



FIT FACTS

■ **Food diary:** Formula 1 Shake for breakfast and lunch. "For dinner, I ate pretty much anything I wanted—hamburgers, steak, salad. I did, however, try to eat a healthy combination of foods."

■ **Key motivator:**

"My weight was at an all-time high and I was taking medications for Type 2 diabetes and acid reflux. I wanted to change. I needed to change."

■ **Best diet tip:** "If you just give the products a chance you'll notice that you'll feel better almost automatically."

■ **Favorite "thin n' fit" activity:** "In the morning I get on the treadmill or go for a walk around the neighborhood for about 40 minutes. In the past I would've said, 'forget about it.'"

Before: 330 pounds

After: 215 pounds

*The weight-loss testimonials presented are applicable to the individuals depicted and are not a guarantee of your weight loss nor are they typical.