

*"It was an easy program for me to adjust to."*

## 59 Pounds Lost



### Scaling up

Sarah Steward used to be a scrawny kid, but as she inched toward adolescence, the scale inched up with her. Sarah's mother grew concerned about her daughter's weight and took her to the doctor. "We were convinced that there was something wrong," says Sarah, who is 15 years old, "but we soon realized that my bad eating habits and lack of exercise were the cause of my weight gain."

### Things were out of control

She had never tried to lose weight, but Sarah felt things were out of control and she needed to do something. "I only had three shirts that I felt comfortable wearing and two pairs of jeans," the high-school sophomore explains. "I didn't look or feel good so I was very upset." Her doctor recommended that she try Herbalife, and soon she was on her way to a healthier lifestyle.

### Happier and healthier

At first, Sarah worried about looking like she was on a diet when she was at school, but her sponsors helped her work out a solution that was comfortable. She found ways to take the supplements before and after school and created a Thermojetics® Formula 1 bar recipe to take for her lunch (see page 8 for recipe). In nine months, Sarah took off 59 pounds and 73.5 inches. "It was an easy program for me to adjust to, and I am glad because I am so much happier now," Sarah exclaims.\*

### FIT FACTS

*Food diary:* Breakfast: Thermojetics® Formula 1 Shake. Lunch: Thermojetics® Formula 1 Shake bar recipe. Dinner: A balanced meal of meat or fish, vegetables and potato or whole-wheat roll. "If I was hungry for a snack I would eat the Thermojetics® High-Protein, Low-Carb Bar."



*Key motivator:* "I wanted to have more confidence and be able to look good and wear nice clothes. I also wanted to be healthy."

*Diet tip:* "It's easy to get discouraged, but you have to look at the greater goal, the bigger picture and remember why you are doing this."

*Favorite "thin n' fit" activity:* "Basketball. I play for the high-school team, and I can move so much faster now and I have more energy."

**Before: 186 pounds**  
**After: 127 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.