

"We're having a blast sharing our success with others!"

88 Pounds Lost



Charles	Angelena
Before: 240 pounds	Before: 154 pounds
After: 182 pounds	After: 124 pounds

Waking up to reality

Charles Hehn was in a drive-through ordering coffee when he fell asleep at the wheel, requiring someone to come outside to wake him up. That night his wife, Angelena, a nurse, knew something needed to be done.

Angelena discovered Herbalife and asked her husband to try it. After seeing his success, she decided that the products could help her lose her pregnancy weight. "I figured if it worked for Charles it could work for anyone," she says.

Full of vim and vigor

After Charles discovered the Thermojetics® Green Weight-Management Program, his life changed almost immediately. He dropped 20 pounds and nearly 20 inches in the first month and his blood pressure was soon within a normal range. Angelena was following in his footsteps and within three months she had lost 30 pounds. "We had a life again and it was wonderful," she exalts.

A new lease on life

Using Herbalife's products has allowed the Hehns to lead a healthy lifestyle while still being able to live a normal life. They have pizza each Friday with the kids, and eat out at their favorite restaurants. In fact, the couple has come to love the products so much that they started an Herbalife business. "We are just having a blast sharing our success and the products with others," beams Angelena. *

Fit Facts

Food diary: Charles had a Formula 1 shake for breakfast and lunch, while Angelena added the mix to muffins and yogurt. "For dinner we ate whatever we wanted. We didn't do salads every night, we ate real food, just less of it."

Key motivator: Charles: "To get healthy and feel more energetic." Angelena: "To get back into the clothes hanging in my closet."

Diet tip: "Follow the program. It's all you have to do. If you're faithful to the products they will be faithful to you."

Favorite "thin n' fit" activity: "Playing with our children."