

Weight Loss of the Month

“At 45, I’m in the best health and shape of my life.”

Bob Gridelli

20 Pounds Lost

The love handles had to go

As the years began to sneak up on Bob, his weight did, too. “I’d always been in good shape,” says Bob, “but I wasn’t happy with the love handles I’d gained. And my health wasn’t great.”

Old friend, new look

“One day, I saw an old friend who’d always been overweight,” says Bob. “Only this time, he looked like ‘Mr. Perfect.’ I thought to myself, ‘I work out and he doesn’t. What’s missing from this picture?’ It was Herbalife.”

Portion control works

In his first month following the Thermojetics® Weight-Management Program, Bob lost 15 inches. “I still eat the foods I love—I just don’t eat as much of them,” he says. “Also, I feel better, and my knees don’t hurt anymore,” he’s happy to report.

Lean, ripped and ready to compete

To compete in a fitness contest, Bob wanted not only to lose weight, but gain definition. “I wanted to get lean and ripped,” he says. Thanks to Herbalife, he did both. “Herbalife absolutely helped me reach my goals,” he says.*



FIT FACTS

Food Diary: One to two HPLC Shakes a day mixed with two scoops of Formula 1 Protein Drink, plus a regular meal for either lunch or dinner.

Inner Nutrition: Herbalifeline®, Joint Support-Glucosamine with Herbs, Extreme C, Mega Garlic Plus, Echinacea+, RoseOx®, Schizandra

Plus, Aminogen®, Thermo-Bond®, Ocular Defense Formula and Ultimate Prostate Formula.

Outer Nutrition®: Nature’s Mirror™ Balancing System, Skin Activator®, Radiant C™, Herbal Aloe products, man and Soul.

Key motivator: “To feel better and stay younger.”

Diet tip: “The products will help you moderate your eating. You don’t have to deny yourself.”

Favorite “thin ’n fit” activity: “Working out.”

Before: 180 pounds

After: 160 pounds

*Results not typical.