

*"Herbalife gave me a new lease on life!"*

## Chester Gatling

### 65 Pounds Lost

**"I wanted to be fit, but still enjoy eating my favorite foods."** Chester Gatling tried everything under the sun to lose weight. Unable to control his appetite, he would then fall into a yo-yo pattern of weight loss and gain. Because obesity and diabetes run in his family, he was determined to lose weight. "I never thought I was obese, but I felt tired all the time," recalls Chester. "I also knew that being close to 250 pounds, I was not immune to diabetes the way I was going."

#### It all started with a little surfing

Surfing the Internet, Chester discovered the Herbalife web site. "I was intrigued by Herbalife, but skeptical," says Chester. "Before I contacted an Herbalife Distributor, I said to myself, 'I've tried everything else, including hypnosis, so what do I have to lose?'"

#### The results were immediate

Chester quickly lost nine pounds in the first week just using Total Control™. He also noted an increase in his energy and was motivated to take his already-active exercise routine to the next level.

"I upgraded to the Thermojetics® Green Weight-Management Program," remarks Chester, "and shed even more pounds."



#### Bursting with vigor

In just five months, Chester trimmed down to 179 pounds and went from a 42-inch waist to 29 inches. "I have boundless energy," exclaims Chester. "People look at me differently—and some people don't even recognize the 'new me.'"

#### FIT FACTS

**Food Diary:** Formulas 1, 2 and 3, along with meals that include lots of protein and leafy vegetables.

**Inner Nutrition:** Cell-U-Loss®, Thermo-Bond®, Aminogen®, Snack Defense™, Total Control™.

**Outer Nutrition:** Good Hair Day 3 in 1 Shampoo, Body Buffing Scrub, Body Contouring Creme and more.

**Key motivator:** "My desire to feel good and wear clothes that flatter me."

**Diet tip:** "Set reachable goals and don't give up."

**Favorite "thin 'n fit" activity:** Basketball and walking.

\*Results not typical.



**Before:**

**244 pounds**

**After:**

**179 pounds**