

How I Did It:

- Taking Formulas 1, 2 and 3 as well as ShapeWorks™ protein snacks every day
- Strictly following my personalized plan
- Visualizing myself in the body I wanted—and making it happen!

- Before: 196
- After: 116
- 80 POUNDS LOST



Marisela Guerra

“I love when friends ask, ‘What happened to your stomach?’”

She used to dance all night. She could run up and down the basketball court for hours without getting tired. But after Marisela Guerra became a mother, that all changed. She gained weight, lost most of her energy and developed a poor self-image. For years, Marisela dreamed of losing weight and recapturing the life she had loved so much.

“Although diets had let me down in the past,” Marisela says, “I jumped at the chance to try ShapeWorks™ when my mother-in-law told me about the program.” Just as she’d hoped, ShapeWorks™ changed everything.

“Now when my daughter and I are together, people think we’re sisters.”

“I lost 80 pounds and dropped from a size 18-20 to a 2-4,” Marisela exclaims, adding that “my marriage has improved, I love buying clothes again—and I’m back to dancing all night long!”

“I never knew I could look and feel so great after having children!”

*These results are not typical. Individual results will vary.

