

"Now I have enough energy to keep up with my grandkids."

Jossie Alvira

30 Pounds Lost

Weight-gain doldrums

Jossie Alvira was stuck in an all too familiar situation—weight loss, weight gain. "That would make me even more depressed, and then I would gain even more weight," Alvira says. "I couldn't seem to break out of my rut, and, as a result, I had very little energy and hope for the future." Years passed, and Jossie wondered if she would ever find a way to take the weight off.

Catchy newspaper ad

Jossie finally found reason for hope when she responded to an Herbalife ad. "Previous diets had failed because they were too hard to follow," recalls Alvira. "The Thermojetics® Weight-Management Program was much easier. I didn't have to count calories and saw results right away."

Simple, easy results

Alvira is now much more conscious of what she eats. "I also exercise regularly," notes Alvira. The results are clear to see. "I have lots of energy and can keep up with my grandkids," Alvira exults. "I easily slip into size 5-6 fashions and have said goodbye to my old size 11-12 clothes." Alvira's family and friends have also noticed the "new Alvira" and she hasn't been shy about proclaiming Herbalife as the reason for her success.*



MAINTENANCE PLAN

Breakfast: Thermojetics® Formula 1 Protein Drink Mix

Lunch: A sensible meal or a Thermojetics® Formula 1 Protein Drink Mix

Dinner: A nutritious, well-balanced dinner

Key Motivator: "To take care of myself and look and feel better."

Health tip: "Take advantage of all of Herbalife's Inner and Outer Nutrition® products."

Favorite "thin 'n fit" activity: "I've become a big fan of kick boxing, aerobic step classes and Pilates."



Before:

160 pounds

After:

130 pounds