



*Christy and her husband  
on vacation.*



*“Tons of energy, a healthy body and an amazing  
amount of confidence—that’s me, thanks to Herbalife.”*

# “I’m enjoying a lifetime of wellness, thanks to Herbalife.”

**C**hristy Sperling’s journey to complete wellness began when she set out to lose the weight she gained through her pregnancy. After the birth of her second child, Christy’s energy and wellness were at an all-time low. Daily naps helped in the short term, but were no match for her lack of self-esteem and motivation. And at a top weight of 195 pounds, her depression and unhappiness began to keep her from being the mom and wife she wanted to be.

That was before she learned about Herbalife and began following the Thermojetics® Green Weight-Management Program. In a matter of days, her life began to turn around. “As soon as I started the program, my self-esteem went up,” she says. “I could finally look at myself in the mirror without thinking the same negative thoughts.” Four months and 55 pounds lighter, Christy had more energy than ever before.

CHRISTY SPERLING UNDERSTANDS THE IMPORTANCE OF LOOKING AND FEELING WELL. AS A MOTHER, STAYING HEALTHY AND FIT MEANS HAVING ENOUGH ENERGY TO KEEP UP WITH HER CHILDREN. BUT THAT WASN’T ALWAYS THE CASE.

But even with her success in weight loss, Christy knew total wellness involved more than just losing a few pounds. “I’m very thankful that Herbalife focuses on all aspects of health, and not just weight loss,” says Christy.

“With all of its products, Herbalife provides my husband and me with a total-wellness solution that is broad enough to age with us. And,” she adds, “one that will grow with our children.”\*

\*The weight-loss testimonials presented are applicable to the individuals depicted and are not a guarantee of your weight loss nor are they typical.



*The Sperling family.*



*“I’m no longer afraid to get into a bathing suit,” says Christy.*