



Doug Taub

75 pounds lost

Before: 259 pounds

After: 184 pounds

When Doug Taub noticed a few pounds creep on after the birth of his first child, he didn't give it much thought. And when professional success led to client dinners out, carb-heavy foods—and more pounds—Doug still didn't worry.

Eventually, though, Doug realized the weight was draining his energy and endangering his health. That's when he began a ShapeWorks™ weight-loss program. And whom does Doug credit for his inspiration? His longtime friend, Herbalife CEO Michael O. Johnson.

Have you tried to lose weight before?

Doug: It was always in the back of my mind. At one point I hired a personal trainer and cut out most dairy, but that didn't last.

How'd you get started on ShapeWorks™?

Doug: Michael Johnson and I have been close friends, almost brothers, for 20 years. When he spoke about Herbalife, I knew it was time for a change in my life. I can't thank him enough for that.

What did you notice first about your ShapeWorks™ program?

Doug: The shakes taste great—better than regular milkshakes. And they're healthy! I was also amazed at how quickly I dropped pounds, shed inches and felt more energy.

What motivated you to keep at it?

Doug: It was Michael. How could I stop with my great friend calling me every day and asking, "How are you doing?"*

"Thanks to ShapeWorks™, I feel the energy I had 20 years ago."

