



Before: 186 pounds ▲

After: 156 pounds ►



## CLARA BROWN

### *30 pounds lost!*

An active retiree who still holds a part-time job and regularly volunteers, Clara Brown had always been thin—until she reached 50. When she returned from a recent vacation, Clara noticed something alarming—she weighed more than she ever had.

Clara’s daughter-in-law, an Herbalife Distributor, personalized a ShapeWorks™ weight-loss program that has helped Clara achieve amazing results!

#### ***What’s changed since you started using ShapeWorks™?***

Clara: First, my body feels so much better. I have lots of energy now. And I even feel fewer aches. I’m also getting compliments all the time on how I look, especially from my husband.

#### ***You’ve noticed a difference in your body?***

Clara: Have I ever! My shape has really changed for the better, and I love it.

#### ***Has sticking with ShapeWorks™ been difficult?***

Clara: That’s what’s so incredible. It’s easy. Because of all the protein I get, I don’t have the munchies like I used to. And when I get a craving, I reach for healthy snacks. This program has really changed my life.\*

\*Results not typical.