



“Thanks to
my mother, who
introduced us to
ShapeWorks™,
we’re all
healthier and
happier.”

– *Cristina Parra*

The Family That Weighs Together

How one family lost 344 pounds

“It’s great to do something good for yourself. But it’s wonderful to be able to do it for the people you care about.”



GUSTAVO PARRA always dreamed of changing his body. A “skinny guy” for much of his life, Gustavo wanted muscles and a physique that looked healthy and powerful. Exercise routines had failed him. Diets had failed him. But when Gustavo found ShapeWorks™, he found the way to the head-turning body he always wanted. And that’s just the beginning of the Parra story.

They say the best way to lead is by example. As his relatives watched Maria Guadalupe lose weight and Gustavo transform his body, they eagerly followed them down the ShapeWorks™ path. Did it work for the whole family? Yes! All 13 of them!



The ones who got the whole family started on ShapeWorks™—Maria Guadalupe and her son-in-law Gustavo.

Has this experience changed the family dynamic?

GUSTAVO: Definitely! When we’d get together before, we’d sit around and eat junk food. Now when we see each other, we talk about how much weight each of us has lost, who’s dropping dress and pant sizes and what new physical activities we’re doing.

You’ve obviously built an amazing body with ShapeWorks™. How else has this program changed your life?

GUSTAVO: I was always concerned with how I looked. But now that I’ve changed my shape, I’m finding that the greatest benefit is my energy level. I feel great every day.

Your family’s success is astounding. Tell us about it.

GUSTAVO: Thirteen of us have literally seen our

*Results not typical.



Luz:

I went from a size 10 to a size 2. My health problems have disappeared and my self-esteem is back!

Before: 142 After: 121 21 pounds lost



Jose:

With ShapeWorks™ I eat a balanced diet that has really helped me shape my body. It's so simple, anyone can do it.

Before: 250 After: 224 26 pounds lost



Cristina:

"With ShapeWorks™, I'm more in control of my cravings."

Before: 150 After: 115 35 pounds lost



Gustavo:

I got on ShapeWorks™ and Herbalife products to become more muscular, and in just 6 months I have transformed my body.

Before: 152 After: 142 10 lbs lost



Maria Guadalupe:

It's incredible how much energy I feel, thanks to the ShapeWorks™ products.

Before: 187 After: 118 69 pounds lost



Lucia:

I love the different flavors of the shakes. The program really works—I went from a size 10 to a 4!

Before: 146 After: 121 25 pounds lost









Martin:

“Before, I weighed over 200 pounds and had digestion problems. Since then I’ve lost 21 pounds and my health is 100% better—physically and mentally.”

Before: 206 After: 185 21 pounds lost



Maria:

“My clothes look good on me now—and that makes me feel terrific. It makes such a difference to feel healthy and have a better figure.”

Before: 157 After: 138 19 pounds lost



Lourdes:

“Losing the cravings to eat junk food helped me to lose weight. I feel healthier now.”

Before: 172 After: 158 14 pounds lost



Juana:

It’s easy to follow the meal plan since losing weight. I feel fabulous and have lots of energy. Best of all, I’ve maintained my weight loss.

Before: 149 After: 129 20 pounds lost



Carmen:

“I’m thrilled that I can wear the clothes that I like now. I feel good, I’m more comfortable and I’m happier, too”

Before: 149 After: 115 34 pounds lost



Jose Francisco:

I lost 30 pounds and I feel great!

Before: 186 After: 156 30 pounds lost



Veronica:

“I have been feeling great and full of energy. And I love fitting into my new clothes.”

Before: 147 After: 127 20 pounds lost





lives change for the better—mothers, sons, daughters, aunts, uncles, cousins, in-laws. We've lost weight, changed our shape, boosted our energy levels, become more active and kicked our cravings for snacks.

If I weren't seeing this for myself, I wouldn't believe that so many members of my family could benefit from the same program. They've all transformed themselves in really positive ways with ShapeWorks™.

What's been the best part of the ShapeWorks™ experience for you?

GUSTAVO: I love that I've been able to be an inspiration for my family. It's great to do something good for yourself. But it's wonderful to be able to do it for the people you care about. With ShapeWorks™, I've been able to help make my whole family healthier.*



Top and above: Fun, family, friendship and plenty of reasons to celebrate. The family that weighs together... stays together!

“It’s great being able to celebrate our ShapeWorks™ successes together as a family.”
– **Gustavo Parra**

The Family Business

SHAPEWORKS™ changed this family's lives. Now they're making it their life's work.

After the astounding weight-loss results they all achieved using ShapeWorks™, the 13 members of the family decided to turn their personal success into professional opportunity. The entire family has become Herbalife Independent Distributors, sharing their passion for ShapeWorks™ and Herbalife's other great products with everyone they meet! And, just as they succeeded personally using the products, the family is enjoying real professional success as Distributors:

- Three Global Expansion Team members
- Two members at World Team
- Three Supervisors
- Five members at Distributor level

“It's great being able to celebrate our ShapeWorks™ weight-loss successes together as a family,” rejoices Gustavo Parra, Global Expansion Team member and leader of the family organization. “And now that we're all Distributors, the whole family is also able to celebrate our financial successes together and build a great future for ourselves and our children!”



Being a Distributor runs in the family.