

*"Herbalife was the only program my doctor approved."*

## 100 Pounds Lost



### A lifelong weight problem

At 226 pounds, Stephanie Demers was dangerously overweight at age 15. She suffered from high blood pressure and doctors warned her that if she didn't lose weight, she could be at risk for serious health problems. "I've had a weight problem my whole life," Stephanie explains. "One day, someone told my boyfriend's mother that I looked pregnant, and I knew it was time to do something about it."

### Finally, a solution

Because of Stephanie's high blood pressure and other health risks, many over-the-counter weight-loss programs were out of the question. Herbalife was the only program Stephanie's doctors approved for her. "The program was easy to follow, and I liked the foods I could eat," Stephanie says.

### 100 pounds later

Stephanie went on to lose 100 pounds in a year and is now a happy, healthy 16-year-old. Her weight loss was gradual, but steady and consistent. "I noticed a big difference during my first month on the program," she remembers. "And a year later, I'm still on it and still losing weight. I didn't believe it could work until I tried for myself!"\*

### FIT FACTS

*Food diary:* "In a typical day, I would eat an omelet or a shake for breakfast, a Thermojetics® High-Protein, Low-Carb Shake or a Bar for lunch, and chicken and green beans or steak and broccoli for dinner."

*Key motivator:* "People wondering if I was pregnant was really what made me realize I needed to do something."

*Diet tip:* "If you really want to change your life, Herbalife is the way to do it!"

*Favorite "thin n' fit" activity:* "I've never really been a sports-person, so anything and everything is exercise for me—even walking! It's just nice to be able to reach down and tie my shoes now!"



**Before: 226 pounds**

**After: 126 pounds**

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