

*"Now I have the confidence to go for my dreams."*

## 142 Pounds Lost

### Treated like an outcast

Caroline's struggle with excess weight began in the second grade, but it wasn't until high school that her size became a real issue.

"Being heavy prevented me from participating in sports and social activities. I never got invited to parties and I felt like an outcast," confides Caroline.

### The key to success

Caroline discovered Herbalife through a friend who encouraged her to try the products. "None of the diets I had tried in the past worked," admits Caroline, "but Herbalife was different. The products not only helped me lose weight, but gave me the energy to want to work out and improve my health all round."

### "My friends can't believe the difference!"

Caroline's friends have been stunned by her new slim appearance. One friend, a cashier, almost fell over with surprise when she saw Caroline's new look. "Losing all this weight has changed my outlook," shares Caroline. "I participate more physically and socially and now have the confidence to go for my dreams."\*

### FIT FACTS

■ **Food diary:** A substantial breakfast of eggs, toast, yogurt and fruit. Formula 1 Shake for lunch and dinner. Thermojetics® High-Protein, Low-Carb bars for snacks.

■ **Key motivator:** "The desire to have more confidence and self-esteem."

■ **Diet tip:** "Be sure you really want to change and then accept the challenge."

■ **Favorite "thin n' fit"**

**activity:** "Dancing hip hop and having the confidence to go club dancing with my friends."



**Before: 289 pounds**

**After: 147 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.