

*"I lost weight and gained healthy habits."*

### **It all came together**

At 280 pounds, Charles Squires knew his health was in bad shape and if he didn't do something about it, he wouldn't be around to watch his daughter grow up. Soon after Charles came to the realization, his wife came home with news about Herbalife. "I took it as a sign, and I think what's happened to me is a miracle," Charles explains.

### **Kicking the habit**

When he began Herbalife's Thermojetics® Green Weight-Management Program, he found the key to success. In his first week on the products, Charles lost a significant amount of weight and it continued to go down from there. "I had really bad eating habits and nothing could keep me from returning to them after a few weeks," Charles explains. "Nothing but Herbalife."

### **Dropping off**

Within a year, Charles had dropped 120 pounds, weighing in at 160 pounds. In addition to all the weight he lost, he went from size XXL to a medium and lost 13 inches around his waist. He has kept the weight off for three years now and is living a much healthier life. "I work in an auto-body shop doing body work," Charles says. "Now I work on the most important body—my own!"\*

#### **FIT FACTS**

**Food Diary:** Two Thermojetics® Formula 1 Shakes a day and a healthy dinner. "If I wanted a snack I would have a Thermojetics® HPLC Bar."

**Key motivator:** "My wife and daughter."

**Diet tip:** "Look at where you want to be in five years. Do you want to be in better health or worse health?"

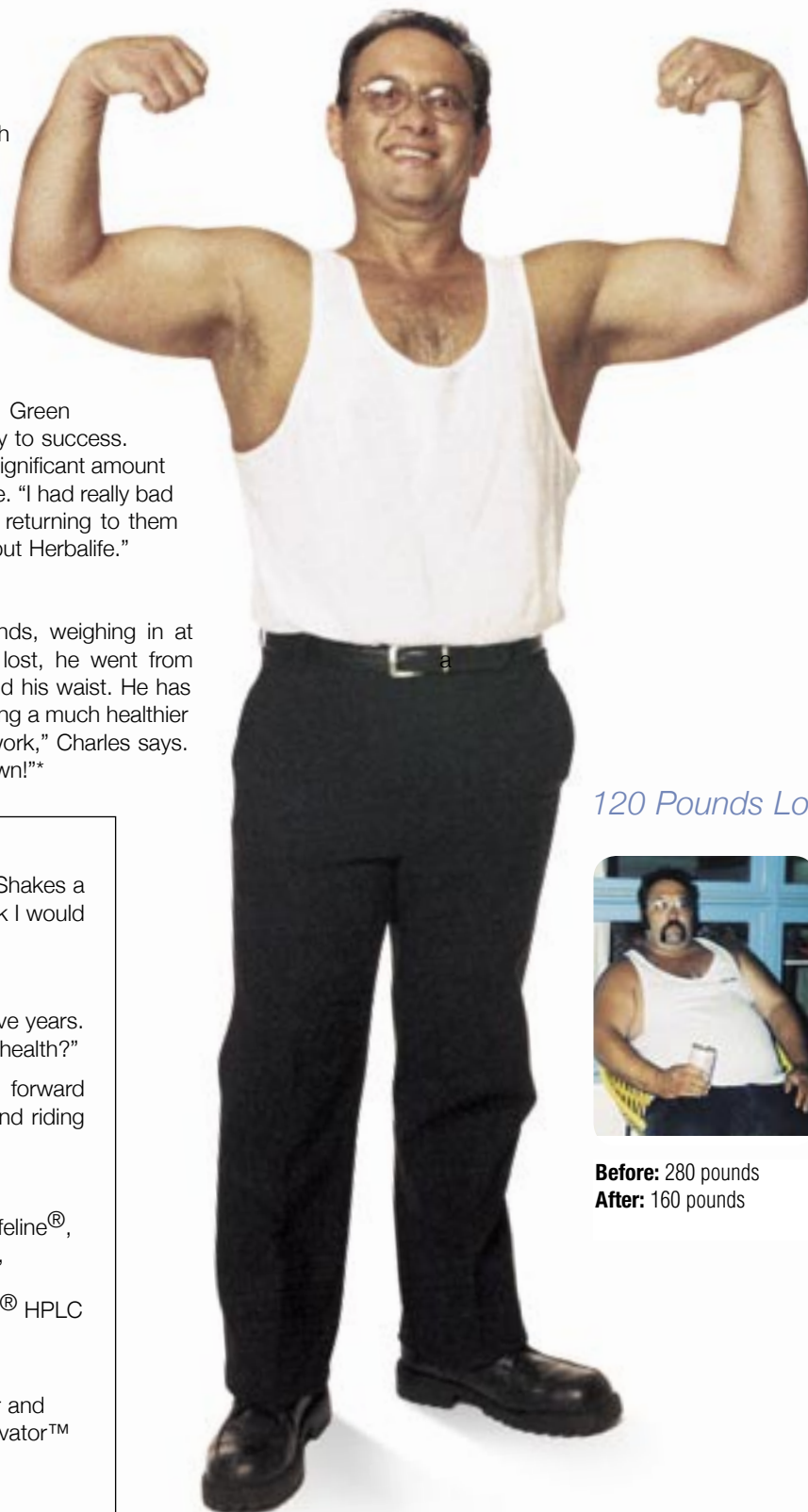
**Favorite "thin 'n fit" activity:** "I'm looking forward to racing more go-carts with my daughter and riding more roller coasters."

#### **Inner Nutrition Products**

Thermojetics® Formula's 1, 2 and 3, Herbalifeline®, Schizandra Plus, Aminogen®, Cell-U-Loss®, Thermo-Bond®, Herbal Aloe Concentrate, Thermojetics® HPLC Bars and Thermojetics® HPLC Soup Mix.

#### **Outer Nutrition® Products**

Herbal Aloe Everyday Shampoo, Conditioner and Body Wash, Night Companion and Skin Activator™ Daily Replenishing Cream.



*120 Pounds Lost*



**Before:** 280 pounds  
**After:** 160 pounds