

"I was too young to be that fat."

56 Pounds Lost



Growing pains

In high school, Ebony Frelix had always been considered "big boned" or "thick." She hadn't struggled with her weight very much, after all, she was a cheerleader and led a very active life. But when she graduated and left home, she stopped exercising and began eating large quantities of junk food.

Looking into the mirror

Shortly after Ebony returned from a trip to Hawaii she made a life-changing decision to lose weight. When she saw pictures from her vacation, Ebony's heart sank. The pictures made it apparent that Ebony was gaining weight, while her friend was losing it. "I really didn't like the way I looked and was considering something as drastic as liposuction," says Ebony. "I was only 22, and I was too young to be that fat."

Turning a new leaf

Ebony wanted what her friend had achieved. When she found out that Herbalife was all she needed, she immediately ordered the Thermojetics[®] Green Weight-Management Program. In the first month, Ebony lost four pounds and six inches and the following month she lost 11 pounds. Over the course of the next few months, Ebony switched to the Thermojetics[®] Gold High-Protein, Low-Carb Program. Using the two programs, she lost a total of 56 pounds and dropped from a size 14 to a 6. She's kept it off for more than two years now and has plans to keep it off forever.*

FIT FACTS

Food Diary: Breakfast and Lunch: Formula 1 Shake. Snacks: Thermojetics[®] High-Protein, Low-Carb Protein Bar. Dinner: "Whatever I wanted."



Key motivator: "I was really unhappy with how I looked and I was so depressed. I knew I wasn't taking full advantage of my potential because I was overweight."

Diet tip: "Make the commitment and be dedicated to achieving solid weight-loss results."

Favorite "fit 'n thin" activity: "Running on a treadmill. I didn't exercise when I was trying to lose weight, but now I have so much energy that I just love it."

Before: 198 pounds

After: 142 pounds