**JOHN GONZALES**

*"Herbalife gave me good health, weight loss and a business opportunity."*

# 25 Pounds Lost

**Packing on the pounds post-surgery**

John Gonzales never had a weight problem, but in 1998 he had knee replacement surgery and during his recovery, he gained more than 25 pounds. "I had never been that fat in my life," John says. "You don't look at the bright side of life when you feel that fat, and I knew I had to do something to get the weight off."

**Making good health a priority**

Like so many others, John tried several diets without much success. While dieting, however, he decided that he didn't just want to lose weight, he wanted to get healthy. Herbalife was exactly what he had been looking for. "It gave me everything–good health, weight loss, and a business opportunity," he says.

**Shedding that unwanted weight**

Shortly after starting the Thermojetics® Green Weight-Management Program, John's excess weight began to disappear. Within a few months, he had lost 25 pounds and gained more energy than he can remember having in years. "I was no longer fatigued in the afternoon, I felt great," John remarks. "I feel like I did when I was 18 years old. I never thought I could feel that way again."*

**Fit Facts**

**Food diary:** Breakfast: A Thermojetics® Formula 1 shake. Lunch: "Anything I wanted." Dinner: A shake. "I didn't eat a lot of snacks but if I was hungry I ate a Thermojetics® High-Protein, Low-Carb Bar."

**Key motivator:** "I wanted extreme good health."

**Diet tip:** "Just think of how great it will make you feel."

**Favorite "thin 'n fit" activity:** "Walking, swimming, jumping on a mini-trampoline and weight-lifting."

***Before: 261 pounds***
***After: 236 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.