LYDIA HASKELL

"Herbalife gave me energy!"

15 Pounds Lost

Active but without energy:
You would have thought that as an aerobics instructor, Lydia Haskell would have felt energetic all the time. "I spent years teaching aerobics, but I felt like I was running on empty all the time," she reports. "Plus, all the diets I tried and exercising I did seemed to have no effect on my weight loss. Then I discovered Herbalife's Thermojetics® Herbal Concentrate. What a difference that made!"

A program she could live with:
Lydia started by using just the teas; then she began following the Thermojetics® QuickStart Program and got smart about not eating junk food. She soon lost 15 pounds and 11 inches. "I also like Schizandra Plus, RoseOx™, Herbal Aloe–they're all great products!" she exclaims.

The right program for anyone:
"As a 36-year-old with a wonderful daughter, I'd like to say that anyone can benefit from this program! You just have to use the products and understand the importance of protein and lean body mass," Lydia stresses.*

FIT FACTS

Food diary: As organic as possible. "I like to have Formula 1 shakes for breakfast and lunch, and lean meats for dinner. I try to get a lot of protein." Lydia uses Formulas 1, 2 and 3; Thermojetics® Gold; Cell-U-Loss® and other targeted products.

Key motivator: "The results that I've gotten so far–being able to create a physique that I've never had before–push me forward. I'm motivated more by how I feel than my physical appearance."

Best diet tip: "Drink lots of water and watch those calories! Cutting out refined sugars, flour and processed food is easy–with Herbalife you won't even crave those things anymore."

Favorite "thin 'n fit activity": "I teach group fitness and enjoy any kind of aerobics class, salsa dancing, weight training–the idea is to keep it fun."

Before: 140 pounds
After: 125 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.