

"I've been overweight since high school."

100 Pounds Lost



A restaurant junkie confesses:

"I had been overweight since high school and had tried many diets throughout the years," remembers Michelle Ballard. "When I met an Herbalife Distributor, I told her that dieting was hard for me because I loved going out to eat. She said, 'You can eat on this diet—just take Thermo-Bond® before your meal!'"

Losing weight "for free":

When Michelle told her Distributor she couldn't afford an "expensive" diet, the Distributor broke out the cost per day, and Michelle realized she was already spending more than that on the food she was overeating. "That sold me!" exclaims Michelle. "I went home and got on the scale, then mixed a shake. Two days later I stepped on the scale and was pleased with my weight loss."

No sacrifices, no regrets:

"I went out to dinner and never deprived myself of the foods I wanted to eat, and the weight still came off," says Michelle proudly. "I made it through the holidays and the pounds continued to drop. I used to wear a dress size 20. I plan to help others battle their weight problem with the help of Herbalife. It's not just a diet, it's a way of life!"*

FIT FACTS

Food diary: "I love prime rib. It's full of protein! I also enjoy the Thermojetics® Herbal Concentrate."

Key motivator: "Watching the inches just fall off and being able to buy smaller-size clothes."

Best diet tip: "Don't deprive yourself of the foods you crave."

Favorite "thin 'n fit" activity: "Walking on the treadmill while watching a favorite television program."



Michelle before: 240 pounds

Michelle after: 140 pounds