

# Mike Needles

## "I lost 170 pounds!"

### Born heavy:

Mike Needles knows how hard it is to be overweight in high school. "Little things that most people don't even think about would bother me, like worrying about getting caught in a turnstile, or not fitting on amusement-park rides. The worst was when I would try to get out of one of those chairs attached to the desk at school. The whole desk would lift up as I stood up, and everyone would laugh," laments Mike.

### The weight just started falling off:

When Mike saw a sign advertising a weight-loss program, he wrote down the phone number and kept it in his pocket for months. "Soon after I called and started on Herbalife's Thermojetics® Weight-Management Program, the weight came off easily. Then I was able to start exercising regularly," Mike recalls.

### Lasting results:

"I've kept the weight off for almost two years, and I feel confident that it will stay off. Going from a pant size 52 to a 36 and being 170 pounds lighter has really boosted my self-esteem," Mike says happily. "I'm not afraid to be noticed or laughed at anymore. It really helps me to be more assertive in my job and so much happier in my life!"\*



Mike before: 405 pounds.

Mike after: 235 pounds.