

# weight loss of the month

SHARON RODRIGUEZ

*"I never imagined I could be this thin and confident about myself."*



42 Pounds Lost



**Before:** 170 pounds

**After:** 128 pounds

## Her scale was at a standstill

With four young children to care for, Sharon Rodriguez had little time to think about her own nutritional and health needs. "After the last baby was born I lost 30 pounds and was a size 16. Six months later, the scale hadn't budged, even though I was eating less and running around more," says Sharon.

## "I went from a size 16 to a 6"

When a friend introduced Sharon to the Herbalife business opportunity, she tried the products to see what they were all about. "They worked far better than I anticipated. In four months, on the Thermojetics® Green Weight-Management Program, I went from a size 16 to a size 6, and as a result of my improved overall well-being, I had fewer allergy attacks."

## Staying focused

"I include a 25-minute yoga routine in my daily schedule to help reduce stress and keep me focused on following the Herbalife program. Sticking with the program enabled me to have success beyond anything I could have imagined," exalts Sharon.\*

## FIT FACTS

**Food Diary:** Thermojetics® Formula 1 Protein Drink Shakes twice a day and a regular meal with the family for dinner.

**Inner Nutrition Products:** Thermojetics® Formula 1, Thermojetics® Formula 2 Multivitamin-Mineral & Herbal Tablets and Thermojetics® Formula 3 Cell Activator®, Thermojetics® Herbal Concentrate, Aminogen® and Thermo-Bond® with meals. Cell-U-Loss® three times daily.

**Outer Nutrition® Products:** Radiant C™ Daily Skin Booster, Nature's Mirror® Balancing Cleanser and Nature's Mirror® Balancing Toner to keep skin looking clear and radiant.

**Key motivator:** "I saw myself in a bathing suit and couldn't believe my eyes."

**Diet tip:** "Just follow the program and don't worry about the food you're giving up. What you get in return will be totally worth it."

**Favorite "thin 'n fit" activity:** "Running after my children all day and then calming down at night with yoga."

\*The weight-loss testimonials presented are applicable to the individuals and are not a guarantee nor are they typical.