SHELIEAH NIXON

"I'm so pleased...Herbalife products have changed my life."

40 Pounds Lost

Homeward bound

Shelieah Nixon badly wanted to lose weight, but the desire to work from home and spend more time with her children was even stronger. When she found out about Herbalife products and business opportunity through an ad in a local newspaper, Shelieah wound up with the best of both worlds. "Losing weight was an added bonus to being able to work at home," she says.

Weight crept on slowly but surely

Originally it was birth-control pills that made Shelieah "blow up." And after having two children, it wasn't any easier to get back to her old self. Shelieah tried exercise, cutting back on her food, and she even tried an off-the-shelf diet drink but it left her hungry, which only led her to binge when she came home from work. "The weight just never fell off," she explains. "And no matter what I did I just couldn't get it off."

Finding the answer

When Shelieah stumbled across Herbalife, she got started on the QuickStart Thermojetics® Green Weight-Management Program and within a month had lost 17 pounds. That was enough incentive for her to step up to the Ultimate Program. Within 12 weeks she had dropped 40 pounds and went from a size 18 to a size 6. "I am so pleased with the results," she says. "The products have changed my life."*

FIT FACTS

Food diary: Weekdays: a shake for breakfast, an on-the-go lunch and a shake for dinner. Weekends: a shake for breakfast, a shake for lunch and a well-balanced dinner. "People couldn't believe I ate fast food and still lost weight."

Key motivator: "My business. I wanted to stay at home and be with my kids so badly, and I knew the faster I had success with the program the faster I would have success with my business."

Diet tip: "Have a goal and a reason why you are doing this. Think about that goal constantly–it needs to be strong enough so you won't quit."

Favorite "thin n' fit" activity: "Playing with my kids. I have the energy to do that now."

Before: 183 pounds
After: 143 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.