

This is me, September 2009



NOW 22Kgs lighter!!!!

I joined a weight loss challenge in October 2009 and starting using the Herbalife products straight away. I didn't really have an expectation to lose weight because nothing I tried in the four years since having my daughter actually worked!

But the challenges were fun and I had a wellness coach I could contact anytime, and by learning about healthy eating and the importance of exercise, with friends and my coach, I started to see results.

Not only did I start to lose weight but I have continued to drop the kilos and have now lost **22kg!!!!** It sounds so cliché but I am so thankful to Herbalife because it HAS given me a new lease on life!!!

It sounds so simple to eat healthy, drink water and to exercise, but with Herbalife and the Hobart Health Hub's support I have been able to learn how to choose healthier options and change my life style and not only am I happier but also 22kgs lighter!!!!

I was amazed that my wellness coach was so exclusive and in tune with my needs. It's great that program can be so individualised!

I still can't believe how easy it was to lose those 22kgs.....Thanks to my Wellness Coach.

Jess Quin (Tas) 1st October 2010