

# DEBI Balmert

FITNESS COMPETITOR, USA

“I went from being a truck driver and mother of three to fulfilling my lifelong dream of becoming a fitness competitor. By using Herbalife’s Cellular Nutrition and targeted nutrition products, I was able to get the protein I needed to build stronger muscles. In my first competition, I placed #140 out of 340 women age 18 and up. Now competitions are a regular part of my life, and Herbalife really helped make a difference. In fact, my husband and kids got fit too. Now, in the Tri-Fitness Competition World of bodybuilding, my family has earned the nickname, ‘the first family of fitness.’”

## How I Did It

- ★ I trimmed down with the ShapeWorks™ products because the leaner you are, the more muscle that shows.
- ★ If you’re not currently very active, just go outside and start walking for five minutes, then try to go a little farther or longer each time!
- ★ Use your thoughts with intention—intend to accomplish a goal and soon you will! Create your own “goal poster” with empowering words and inspiring photos to keep you going.

## PRODUCT MUSTS

- Niteworks™
- Herbal Concentrate
- Formula 2 Multivitamin Complex
- Any and all protein products

