

I went from just getting through the day to really living!

WEIGHT LOSS

MONICA  
**Hammonds**

Before: 185 lbs After: 150 lbs Lost: 35 lbs



Life at 185 pounds took a real toll on Monica Hammonds. The extra weight drained Monica of all her energy. "I was a travel agent, but I was too tired myself to do anything at the end of the day except lay on the couch," she recalls. But Monica's weight gain created far more serious problems, "I also had all sorts of physical problems, and I was uncomfortable all the time."

Monica was reluctant at first to try the ShapeWorks™ products. "I'd had it with yo-yo dieting," she explains. But, after starting with Herbalife as a Distributor, Monica saw the results the products were having for others, and she gave them a try. "I couldn't believe how these shakes were working," she says. "My energy shot up, discomfort started to ease, and I changed my shape!"\*

### How I Did It

- \* Core Program: Formula 1 Nutritional Shake Mix and Formula 2 Multivitamin Complex, snacks each day such as Protein Bars, and Total Control® tablets.
- \* Drink plenty of water throughout the day.
- \* Use a lot of variety with shake recipes to keep it interesting.



\*These results are not typical. Individual results will vary.