

RANDY
Parker

CYCLIST, USA

“After winning the Masters National Cycling Championships two years in a row, I was ready to take a breather from the grueling race. I just couldn’t commit to my rigorous training schedule again so I decided not to enter. But when a cycling friend mentioned that the ShapeWorks™ program was great for extra energy, I decided to give it a try. Within just a few weeks, I could feel my energy level rising. In fact, in each race I entered, I did better than I expected—and I was training less! So I started to think, ‘Maybe I’ve got a shot at the big race.’ With ShapeWorks™ a part of my regimen, I won the 2004 Masters National Cycling Championships! I couldn’t believe it. Now, I’m telling cycling coaches and athletes about the ShapeWorks™ program.”

How I Did It

- * Set goals—a clear picture of what you want will help you get there.
- * Stay focused—these products can change your life if you stick with them.
- * Believe in yourself and you can do anything.

PRODUCT MUSTS

- ShapeWorks™ Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex, Formula 3 Personalized Protein Powder
- Niteworks™