

I lost more than half my weight.

WEIGHT LOSS

## SCOTT Brodeur

Before: 410 lbs After: 200 lbs Lost: 210 lbs



Few people have had the weight wake-up call like Scott Brodeur. For him, the change came when a friend put a Hula Hoop around him and he couldn't get it off. Scott knew then that he had to lose a significant amount of weight. "When the

Hula Hoop got stuck around my middle, that was it."

After considering surgery to reduce his size, Scott wanted to find a better way to drop pounds. That's when he turned to Herbalife products. Having tried every "potion and powder," Scott believed that Herbalife's nutritional weight-loss program would bring the change he was looking for. And indeed it did. "When I see heavy people now, I feel sorry for them. They just need to try this."

Since losing more than half of his weight—an astonishing 210 pounds—Scott's old cravings have subsided and he craves healthier foods. Scott also improved his exercise routine and is now very active—and very happy.\*

### How I Did It

- \* Use Formula 1 Nutritional Shake Mix.
- \* Eat six times a day to keep your metabolism up.
- \* Drink as much water as you can.

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

