

Weight Loss Challenge Testimonials

Name: Jacquie Erickson

From: AYFN Thurs Summer class

Why I joined the weight loss challenge: I liked the idea of learning about nutrition, having the positive support of a group of friends and the accountability of the weekly weigh-in.

My favorite Herbalife product (if applicable): The deluxe chocolate/peanut bars

How the coaches helped me: I appreciated the coaches' support and the information they shared.

What I like most about the WLC classes: I have lost 1-2 lbs most weeks, my blood pressure has dropped to normal, and I no longer have mild diabetes. This feels great and has been such a positive step toward the lifestyle changes I have been hoping to make. Thanks!

BEFORE



AFTER



Pounds Lost:
15.8

Inches Lost:
9.25"

% Body Weight Lost 7.753%