

Hollie Barnfield lost 27 kg!

Weight before: 91kg

Weight after: 64kg

**Total weight loss
to date: 27kg**

**Time taken:
24kg in 7 months**

Here's how:

Shape Up Programme, then upgraded to the Ultimate Programme and supplemented this with Personalised Protein Powder, Formula 4, XtraCal and Herbalifeline®, together with a protein bar or soy nuts in the afternoon as a snack.

I first discovered Herbalife after responding to an ad in 2004, after I had my second child, Callum. I had put on weight during the pregnancy, was constantly tired, and needed help. After my sponsor Andrea Williams told me about the Herbalife products, I started on a Herbalife programme straight away. After about seven months, I discovered that I was pregnant with my third child.

I decided to stop taking the products as I was feeling so good and thought that by being pregnant I would continue to feel that way. I was wrong, and by the time Coby was born, I had put on 23kg. When Coby was about nine months old, I decided that I needed Herbalife again so I phoned Andrea and enquired about taking the products again to lose weight.

Since starting on the Shape Up Programme, I have lost 27kg and have never felt happier. I have so much more energy and am now able to keep up with my two other children. I am able to get up several times a night for Coby and still have plenty of energy in the morning and even for the rest of the day. Best of all, I have gone from a size 20 to a size 8 in just seven months.



***“Thank you Herbalife
- you have given me
my life back”***

Thank you Herbalife - you have given me my life back and thank you to my fantastic sponsor Andrea who has given me so much support. I have since become a Distributor myself and hope to be able to help others just like Andrea has helped me.

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight control programme. Vitamins can only be of assistance if the dietary vitamin intake is adequate. Always read the label - use only as directed. If symptoms persist, seek medical advice.

