

Feedback from some of the members of our April-July 2011 Weight Loss Challenge



My reasons for returning to the club was the support with my weight loss. The changes I have made to my eating habits was to continue using the Herbalife nutrition program and choosing healthy snacks. I now attend Bootcamp 3 times a week. I enjoy the club as it is friendly and supportive.

My clothes size was a size 22 now size 20. I have increased energy and improved sleep. I would refer the club to family and friends.

Claire

I rejoined the club to get involved and be a helper/coach at the club. The changes I have made include doing a range of exercises, reducing calories, and no longer having processed food. My clothes have gone from an XL to a Medium. I have increased my fitness. I will be referring people to the club as many are over-weight!

David

I have returned to the club as it was successful and I had more to learn. I have changed my daily eating habits by reducing the foods that are bad and think about everything I am eating now. I enjoyed the club, the company and the relaxed atmosphere.

I have gone down from a 22-20 dress size. I now find it much easier walking and have not been unwell. I will refer my family and friends to the club.

Lucy

My main reason to join the club was to become healthy and lose weight. I have made loads of changes, eating more often, eating fresh healthy meals and exercise at least 5 times a week. I enjoyed the club immensely, reaching my target and goals. I started the challenge a size 16-18 and now I am a size 14-12. I have more energy, and more regular in the bowel department! I will continue to monitor my lifestyle now for the the rest of my life. I already have referred family to the club and will continue to. I would like to thank you all for your help in giving me the ability to literally change my lifestyle, with your help I have retained my attitude towards food, and I am achieving my goals. Many thanks.

Julie

My main reason for joining the club was to feel healthier. I enjoyed the club, I needed encouragement and advice. I have gone down a dress size, improved my digestive system, have healthier hair and clearer eyes. I would refer people to the club.

Cheryl

I returned to the club as I hadn't reached my goal in the first challenge. I no longer have chocolate, I have incorporated the herbalife nutrition program into my routine and have joined zumba! I was a size 18-20 now I am a size 12!

I will refer friends and family to the club.

Penny

My main reason for joining the club was I was fed up of being a blob! I have made many changes to my daily eating habits and fitness. I enjoyed the club as it helped to discipline me. I started 6 weeks ago half way through a challenge and went down from a 38 waist to a 36 waist. I have also noticed my arthritis significantly better, good energy and psoriasis decreased by 90% . I would refer family and friends to the club.

Bernie

I rejoined the club to keep losing weight and to stay healthy. I now eat smaller portions, and pay more attention to the type of food. I also walk more. I found the club really interesting. My size has reduced from size 18/20 to 16/18, I also no longer get heartburn.

Christine