



103kilos

80kilos



I was a chubby child and although I managed to get the weight off by my late teens through hard cycling, it gradually caught up with me again by my mid 30's. By the age of 42 I tipped the scales at 103 kilos! I was officially obese. I tried healthy eating and cutting back but nothing worked, until I started a Herbalife Nutritional Programme – I lost 20 kilos in 20 weeks and I found it so easy. My Sleep Apnoea disappeared and after years of buying XL clothes I now easily get into a medium and feel more confident and healthier than ever. I've lost 23 kilos in total – the best part is – I haven't put the weight back on, and I'm the same weight I was when I was 19!

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