

Michelle Fitch lost 40 kg!

I found Herbalife in March 2007 when I was looking for a business opportunity, thinking it would be an added bonus if I could lose some weight at the same time. I had tried many different weight loss programmes before but nothing had yet worked for me – like most people I probably put more weight back on than I lost. I was sceptical when starting to use the products and told my sponsor I would be happy if I could lose 10-15kg.

I started on the Shape Up Programme and also added Personalised Protein Powder and Instant Herbal Beverage. Very quickly, I seemed to have more energy and I felt better than I had in a long time. I had the energy to keep up with my four kids and didn't need my afternoon nap when they had one! After eight weeks I had lost

“I've dropped six dress sizes!”

10.5kg and then also added Tang Kuei, Florafibre, NRG, RoseOx* and Chitosan to my programme. Before Herbalife I weighed 106.5kg and wore a size 22/24. I've now lost an amazing 40kg and lost 28cm from around my bust, 30cm from my waist, 28cm from my hips and 17cm from each thigh! My BMI has dropped from a 'highly obese' 39 to a healthy 24.



Herbalife has given me willpower that I never had before. I've dropped six dress sizes and am now down to a size 10-12 – I haven't been this size for as long as I can remember. I can't believe how easy it's been – it's been great!

When people say I look fantastic, I tell them: “I FEEL fantastic!”

Weight before: 106.5kg
Weight after: 66.5kg

Total weight loss to date: 40kg

Time taken: 13 months

Here's how:
Shape Up Programme + Personalised Protein Powder & Instant Herbal Beverage (later added Tang Kuei Plus, Florafibre, NRG, RoseOx* & Chitosan)

* The RoseOx brand is the property of Zeullig Botanicals (Inc) USA. 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.