

CELESTE & ROBERT
Merrill

CELESTE Before: 171 lbs After: 124 lbs Lost: 47 lbs

ROBERT Before: 332 lbs After: 204 lbs Lost: 128 lbs



As a professional exercise physiologist, Celeste Merrill was intimately familiar with what it took to be healthy. So when she began to see signs that her weight was interfering with her life, Celeste knew she had to take action. "I didn't have energy for my kids, and I reached a size 18 for the first time in my life," Celeste recalls.

For Celeste's husband Rob, it was even more serious. "Weighing over 300 pounds, I had a negative outlook on life," Rob explains. That's when they got started on a personalized ShapeWorks™ weight-loss program. The real change came when she experienced her newfound energy. "Now, I'm able to do more than just keep up with my kids—I have the energy to have a great time with them!"

Rob's results were even more amazing. "I lost an astounding 128 pounds using the ShapeWorks™ Program," Rob states. "I shed body fat, reshaped my physique and even got more muscular!"*

How We Did It

- * Formula 1 Nutritional Shake Mix each morning (sometimes mixed with fruit and milk).
- * Regular meal typically for lunch.
- * ShapeWorks™ protein snack (usually a Protein Bar or Protein Drink Mix).
- * Another delicious shake made with Formula 1 Nutritional Shake Mix each evening.

*These results are not typical. Individual results will vary.

With ShapeWorks™, our confidence has soared!

