

I went from wheezing my way up a staircase to running a marathon!

WEIGHT LOSS

## ELI **Akiba**

Before: 209 lbs After: 165 lbs Lost: 44 lbs



Eli Akiba knew his weight was becoming a problem. He was giving in to his sweet tooth, and had started taking naps just to get through the day. But when he saw a picture of himself, he was shocked! “So I started using the ShapeWorks™ products,”

he says. “My energy surged, and within a few months I was training for a marathon!”

Though Eli didn't finish because of a knee injury, he made it 18 miles! “Not bad for a guy who had a hard time walking up a flight of stairs.” He also trimmed his waist from a size 38 to a 31, and he's training again for this year's marathon. “What a change I've made!”\*

### How I Did It

- \* Core Program: Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex and Snack Defense™.
- \* Don't fight your sweet tooth—enjoy two snacks a day, like Protein Bars.
- \* Make your shakes really delicious—add frozen raspberries, for example.
- \* Enjoy low-fat snacks—like unsweetened applesauce and nonfat ricotta cheese, with a pinch of cinnamon and vanilla extract, and a squeeze of chocolate syrup for zing!

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

