

I never knew I could look and feel so great after having children!

MARISELA
Guerra

Before: 196 lbs After: 116 lbs Lost: 80 lbs



Marisela Guerra was the girl who could dance all night, run up and down the basketball court for hours and had boundless energy for her active lifestyle. But that all changed after she became a mother. With the extra weight and diminished energy, her self-image began to suffer. Her dream? To recapture the healthy life she had loved so much.

“Although diets had let me down in the past,” Marisela says, “I jumped at the chance to try the ShapeWorks™ Program.” Just as she’d hoped, ShapeWorks™ changed everything. “I lost 80 pounds and dropped from a size 18/20 to a 2/4.” Marisela says that when she’s with her daughter, people mistake them for sisters. “I love buying clothes again—and I’m back to dancing all night long!” she enthuses.*

How I Did It

- * Drinking my Formula 1 Nutritional Shake Mix every day.
- * Eat six times a day to keep metabolism up, using ShapeWorks™ protein snacks.
- * Drink as much water as possible.
- * Try taking Herbalife weight-loss enhancers for faster results.



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