



— Karen —

As a personal trainer and Sergeant Major in the army, there's no doubt Karen is in excellent physical condition. She has endless energy, works out an average of two hours a day and recently scored off the charts in her army physical fitness test. Her body fat percentage is an enviable 20.8 percent. At age 42, she's looking and feeling better than ever!

However, in early 2008, Karen's fitness level was far from where she wanted it to be. The past eight years had been an ongoing battle with her weight. "In 2000, I had some major health problems and I started gaining weight because my doctor put me on steroids," recalls Karen, adding that she kept eating more and exercising less. Karen began trying different popular over-the-counter diet pills trying to lose weight. "I would lose weight – but in unhealthy ways," says Karen. "Then it would come back. It was like a rollercoaster and it was hard to maintain." Knowing of her weight loss struggles, Karen's cousin introduced her to WIN's products in January and she began using **BioLEAN Free®**, **Winrgy®** and **Food For Thought®**.

"I noticed my energy level first," says Karen of her results with the products. "Actually other people noticed my weight loss before I did. When people started noticing the weight loss and I started noticing my energy levels, then I did research on the products. I read some of the success stories online, and everything that people were attesting to had happened to me!" Karen was thrilled with these results, and wanting to step up her work-out, became certified as a personal trainer and spin instructor.

Karen has now lost a total of 32 pounds and 12 percent body fat! She's ecstatic about her results and credits WIN's products with giving her the boost she needed to reach her goals. "These products allow me to lose weight and work out more. Before the products I would work out but I was tired," Karen shares. "So they gave me the energy I needed to work out a little bit longer, and now I take **Sure2Endure™**, **Accelerator™**, and **LipoTrim™** along with BioLEAN Free, Winrgy and Food For Thought." She adds that the products are helping counteract the inevitable slowing metabolism that happens with age. She blew everyone away at the army physical fitness test, with dramatically changed results compared to her test taken six months prior. "Before the products, my PT test wasn't great. We have to do push-ups, sit-ups and run two miles in a certain time limit. I was making my time, but the score wasn't all that great," Karen admits, adding that she is thrilled with her new results. "A maximum score is 300, and I've never scored a 300. On this PT test I scored off the charts — it was a 366!" In less than a year, Karen experienced huge changes in her body and fitness levels. She's now sharing her story with others, inspiring other people to use WIN's products in achieving optimal fitness. ■