

E l i è t t e

“For more than 25 years I was very frustrated with being overweight and, in spite of my best efforts trying to lose weight, my weight kept increasing,” shares Eliëtte of her seemingly hopeless plight. Being dissatisfied with her body image led to feelings of inadequacy. “Most of the time I felt quite insecure. My self-esteem and self-confidence were low. My weight just kept being an issue.”

But Eliëtte didn’t give up. She found motivation for continuing her pursuit for a healthier body. “In my family we have many problems related to being overweight, like heart and joint problems,” shares Eliëtte of her health concerns, adding that being in WIN fed her desire to portray wellness. Lastly, she wanted to make a difference for those she cares about. “I wanted to be an example for our daughters and for others.”

In June of 2008 Eliëtte began a weight-loss program with Paul, who has a background in personal training, bodybuilding and physical therapy. She, together with several others, set their weight-loss goals and a plan for reaching them. Her goal was to lose 44 pounds by October 2008. Her plan consisted of three elements:

- **Daily personal home fitness** — basic exercises for training the big muscles and 45 minutes of walking at 120 heartbeats per minute
- **Eating habits** — six small portions of food per day, just hand-size portions. A healthier diet; and especially reducing the amount of carbohydrates in meals
- **WIN’s weight management products** — **BioLEAN Free**®, **LipoTrim**™, **ProXtreme**™ and **Mass Appeal**™ along with the rest of WIN’s products

This combination proved to be a winning factor in helping Eliëtte accomplish what she once thought impossible. “I was amazed by the quick results and couldn’t believe my eyes as I watched the scales. I felt great and had much more energy! It was a motivation to persist,” Eliëtte excitedly explains. “The simple weight-loss program is so easy to do! After losing over 50 pounds now I look and feel better. Moving is easier, clothes fit better — I’ve been doing lots of shopping!” Not only did she surpass her weight-loss goal, she was also presented with the Wellness Award at the 2008 Gala in October. “Many people have noticed the changes in my self-esteem, presentation, attitude and personal growth. My overall image is more businesslike and I get many compliments,” shares Eliëtte of the many positive changes in her life. She’s feeling like a new woman, transformed into someone she always hoped she would be. ■



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Eliëtte with her daughters Nachalle & Michou



lost **50**
pounds