

## Before



# Hansie Louw

Lost over 30 Kg

Before Herbalife I battled to run 20 minutes on a treadmill at the gym. I did this to keep fit for doubles tennis – I was too fat to play singles. I started using Herbalife products and started to lose weight and my energy levels increased immediately.

## After



Two years later I ran my first Comrades Marathon – a lifelong dream. I lost more weight in 2008/2009 and dropped my body fat% to about 10.3%. On June 16, 2009 I ran for 20 hours to cover 100 kilometers through the night and rain to focus attention on poverty eradication. In 2009 I started using Herbalife H30 Pro and Niteworks for my running. In 2009 I broke four of my own running records – for 10, 15, 21 and 42 kilometers – some records over nine years old. Total weight loss – 32 kg. I now believe that anything is possible! Thanks, Herbalife and my Creator.

**Products:** Formula 1, 2, 3, H30 Pro, Niteworks, Fiber & Herb, NRG, Herbal concentrate, Roseox, Aloe, Joint support, Herbalifeline



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