

DENNY PRETZ (DISTRIBUTOR)

Transformation Number = 24

I wanted to lose 24 lbs. and I did but everyone thinks I lost 40 lbs. because I lost 6 inches around my waist. I was a size 40 waist in pants and now I'm a size 36. I began to look forward to workouts instead of making excuses not to do it. I am amazed that I was able to build muscle and strength as well as increase my endurance. I found myself satisfied for the first time in my life with smaller portions and healthier selections. The program was easy to stay on and there was never any hunger as I ate several times per day. To be able to build muscle and lose fat at age 62 has made me a happy participant.

Inches Lost = 9 Weight Lost = 24
BMI Day 1 = 30.74 BMI Day 90 = 27.96

