

HOWARD SEMINUK (DISTRIBUTOR)

Transformation Number = 30.9

At 56 yrs I feel like a new person. Being on the TR90 Program was not that difficult as you were able to eat your own food and the shakes were awesome too. I would recommend TR90 to anyone who wants to improve their health, the way they feel, or the way they look. My goal was to lose 20 lbs. and lost 30.9, WOW!

**Inches Lost = 14.35 Weight Lost = 30.9
Body Fat Lost = 3.7%**

