

JOANNE FERRERI (DISTRIBUTOR)

Transformation Number = 24

I lost 24 lbs and 24 inches. I feel like I'm 20. The products were awesome. I was never hungry. I did not crave sugar or sweets. I never felt deprived. The shakes were delicious. My goal to lose fat and feel fit came true. My outside really reflects the inner me. I eat mindfully and exercise everyday. I walk/jog 5 miles a day. In the beginning I set simple baby step goals, first to see my feet, then after TR90 to see the world!

Inches Lost = 24 Weight Lost = 24
BMI Day 1 = 34.5 BMI Day 90 = 31.9

