

TOM HOUGHTELING (DISTRIBUTOR)

Transformation Number = 120

I lost 16 pounds, 3 inches around my waist, my heart rate dropped from 150 to 120 while exercising, my endurance while exercising increased significantly, and my love handles are almost gone. To my surprise TR90 helped me begin accomplishing my goals without experiencing the misery of other diets (hunger, headaches, cravings.) This is more of a lifestyle change than a diet. I enjoy it when people comment on my progress and my wife has an easier time getting her arms around me.

Inches Lost = 9 Weight Lost = 34
BMI Day 1 = 30.74 BMI Day 90 = 27.96

