

Stories to Inspire

Our children show us off at the swimming pool!

Sandra and Richard Roufs

My name is Sandra Roufs, I live in the Netherlands and I am 30 years old. I have two children aged six and four, my husband Richard is 32 years old. I have been trying in vain to control my weight for many years, even before I met Richard, but I never found a diet that suited me or that I could keep to. I met Richard when I was 17 in 1989, he was going through a difficult time and had just had a heart valve operation, he was very overweight and his cardiologist insisted that he had to lose weight, but he just couldn't find a successful way to diet. Another blow came in 1990 when he was involved in a serious car crash, which resulted on him having to walk on crutches for the next two and a half years, his weight made this very difficult indeed.

My father had always been concerned about my weight.

Over the next 10 years our weight fluctuated a little, but we both remained overweight and found that we didn't have the energy we needed to play with our children. In March 2001 my father told me that the wife of one of his colleagues, had controlled her weight with Herbalife and was now selling Herbalife products herself. He really wanted me to try using Herbalife as he was concerned about my weight and he thought if I did something about my weight, then Richard might also.

We agreed to give it a go.

We met the Distributor and she told us about the Weight Management Programme and the products that it would involve, she also wanted us to make small changes to our lifestyle, eg eating habits and exercise that would help work alongside the products we would be using. I really wanted to give this a go and my husband said he would support me by doing it too (however he didn't really believe it would work).



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Total weight-loss more than 80lbs!

"Between us we've lost more than 77 inches!"



It was amazing, within weeks my husband had lost 10 pounds.

He felt more energetic than he had in years. The weight took longer to come off with me, but within four weeks, I could notice a significant difference. We felt great during the whole time and didn't have overwhelming desires to snack. Our Distributor was fabulous and offered us constant support and advice, it was lovely to have someone who cared about us.

We stayed on the Weight Management Programme for keeping a balanced diet and getting regular exercise and at the end I had lost more than 40 pounds and Richard had lost even more. Between us we have lost 77 inches off our bodies! Everyone tells us we radiate good health and our children are so proud of us and show us off at the swimming pool! I am now a size 14 compared to a size 20 before! We now face a bright future, our children virtually have a new Mummy and Daddy and our health is the best it's ever been, we can't thank Herbalife enough!

Herbalife is a global leader with 22 years of experience in the weight management and nutrition industry, offering a range of products that support a healthy lifestyle.

