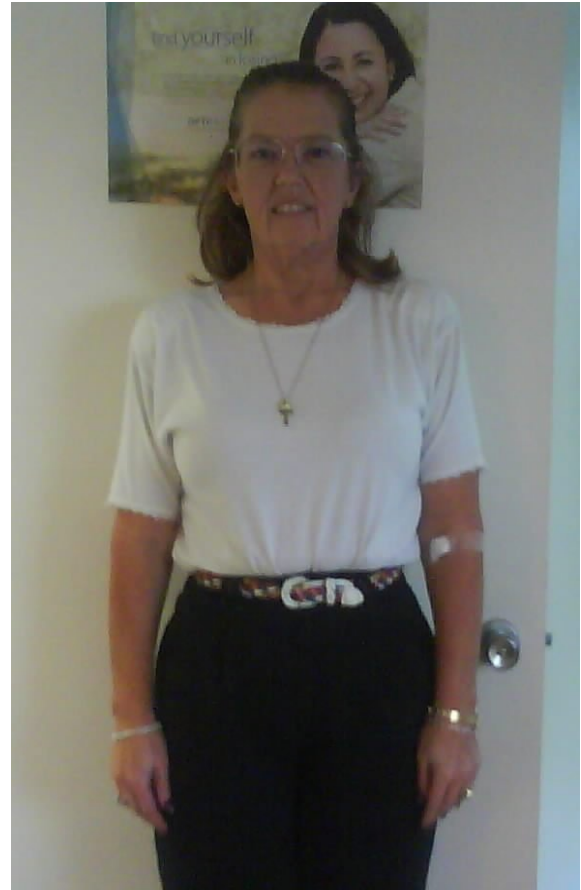


# a SUCCESS story...

Before, after, and excited about tomorrow.



Cyndi Hanes is our poster child for success.  
She has lost 120 pounds and feels great!

People who know me ask “What was different this time?” How were you able to lose weight this time when you haven’t in the past? The answer is Optifast and a great group of supporters. Dr. Allison and the ladies in her office, my trainer and others at the gym and my husband and son all were terrific support. I am not going to say it was always easy but most days it was. Once I made it through the first few days I was rarely hungry and I was losing weight, fast. Fast enough to see results and make me want to continue. I was changing sizes so fast that I quit buying brand new clothes and started shopping at thrift stores. After a few weeks I started walking a little and after a few months I was ready to join the gym. I worked out with a trainer and started running. I have now done 4 5k’s and I am training to do a half marathon.

There are so many good things about losing weight, the obvious are you are healthier, you have more energy, you feel better and you can wear cute clothes. But did you know that if you lose weight, especially a lot as I have done, you have more room in public restrooms, think about how small they can be. Did you ever think about having more room in the bathtub, I used to fill it up, now I feel like I can almost swim. When you go to get your hair done the smock doesn’t choke you to death and when you go to give blood your veins are easier to find.

I am glad I made the decision in January 2009 to make a commitment to Optifast and my health and if I can help you I will be glad to, just call me.

~ Cyndi Hanes