

## 2008 WEIGHT LOSS CHALLENGE HAWAII VACATION WINNER

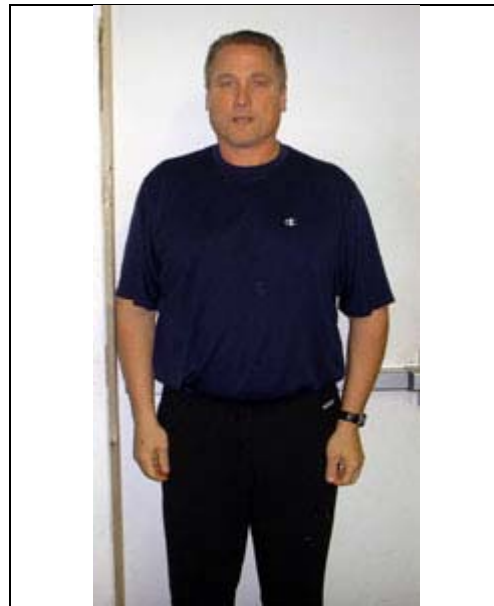
Congratulations to KEITH FLEWELLING and Coach MICHELLE SARVER!! Keith is a school bus driver from Renton, Washington. He used to be diabetic, had high cholesterol and high blood pressure. He started the Challenge at the end of September 2008, applied all the principles he learned from class, and worked closely with his Coach. As a result, in 12 weeks and over the holidays, he lost 79.2 lbs, 47.5 inches equivalent to a total 25.063% of body weight!

In January 2009, Keith visited his doctor. He's now classified as a "non-diabetic," his blood pressure is within normal range, his cholesterol is down to 115, he's off three of his five medications, the two remaining meds were cut in half and he will be taken off of them next month! Since the Weight Loss Challenge, he's lost another 8 lbs.! One of Keith's favorite products is Protein Bars which he takes often to keep on track with his weight loss goals.

### Keith Flewelling – BEFORE



### Keith Flewelling – AFTER



**Keith lost 79.2 lbs, 47.5 inches and  
25.063% body weight!!**



**CONGRATULATIONS!**  
**KEITH FLEWELLING AND MICHELLE SARVER**  
**Winners of the 2008 FSS WLC Hawaii Vacation**