

Life Changing

SPORTS STORIES

Sedentary to Ironman

My Journey to Big and Back, but Better...

It all began in high school and college, where being a defensive lineman meant that being bigger was better, period. Then I graduated...and transitioned to a sedentary job without modifying my eating habits. Quickly, I found myself at a whopping



260lbs.- 60 pounds above my highest playing weight. This was all “pre-Shaklee” and my early attempts to lose weight were of course yo-yoish. None the less, in a year and a half I was able to sweat off 25 pounds.... then I got **Cinched**.

While starting **Cinch**, I was still a novice endurance athlete, I could run a quarter-mile then I would need a break. Not only that, but I would be incredibly sore after each workout, often needing a day or two recovery before my knees and back could take another run. 12 weeks on Cinch yielded 20 more pounds lost and the ability to run the entire 4.4 mile boardwalk by our home without stopping. As I started

enjoying my new success and my new sport of choice, triathlon, I knew I would need to take advantage of Shaklee’s sports nutrition. I quickly learned that **Performance** could keep me going well past 4 hours, and **Physique** would allow me to feel no soreness the next day. Now, with the addition of the **Energy Chews**, I enter each race with a vibrancy I cannot imagine competing without.

To date, I have lost 85 pounds, and kept it off for three years. Before, during, and after each long workout and race I am quantitatively and qualitatively better with Shaklee sports products. The combination of Shaklee nutrition, which for me means **Cinch Shake**, plus **Vitalizer**, **Vivix**, **Alfalfa**, and **Core Energy**, along with the **Energy Chews**, **Performance**, and **Physique** for workouts, have allowed me to forget about the obese 23 year-old I was with impending health risks, and allows me to focus on being the energetic athlete, husband, and father who has no end in sight. I have competed in dozens of races and triathlons including a half-ironman. I even placed in my age group a couple times. Not bad for the ‘fat kid’ with sore knees and a bad back who couldn’t run ¼ mile without stopping. Thank you Shaklee Sports!

Scott S.

“Come on Dad show me how to shoot!”

There was the basketball rolling across the patio and my daughter begging me to teach her how to make a basket.

Maybe if she had asked me 2 years earlier I could have done it, but now as I was approaching 50 I couldn’t even lift my arms above my shoulders. Shoot a basketball? I use to – a lot. In fact, I even coached professionally so shooting was an everyday occurrence, but no longer. The pain in both shoulders was just too much. But did it compare with the pain of not being able to train my own daughter in the sport I loved?

As I contemplated my possibilities, I remembered hearing on a Shaklee CD about a woman who had arthritis and she got relief by doubling the daily **Alfalfa** dosage. I too decided to double the dosage to see what would happen. I was glad to know that you can’t overdose on Shaklee products, the same way you can’t overdose on Skittles or hot dogs. Shaklee is food based not chemical based.

For 2 weeks I paid close attention to the pain and it wasn’t any different. So I gave up paying attention, but I kept up my **Alfalfa** intake. Then one afternoon as I was picking stuff up in the backyard I saw the basketball lying there. Without thinking I grabbed the ball and took 3 shots. I dribbled and shot and all of a sudden it dawned on me – no pain! It was gone and I now take the recommended dosage of **Alfalfa** each day for maintenance.

As for my daughter – I was able to teach her a little and she made the varsity basketball team as a sophomore. I’m so glad I not only had Shaklee **Alfalfa**, but I had access to a world of information so I could get relief.

Tom D.

Ouch! I Can’t!

Hitting the Wall

My niece, Jessica, is a marathoner who took a year off to have her 2nd child. When she returned to training for the Chicago Marathon she started using **Performance**. She called us excitedly after the race and said, "I cut an hour off of my best time and it is all because of **Performance**." She told us that she froze small bottles of **Performance** and wore them around her waist and as she got tired, she would drink a bottle and go on. She told us that during the race she never, "hit the wall" (tired to the point of collapsing). She was even able to walk briskly to her car after the race. She said, this too was a first as she usually collapsed and needed to lie down for 20 minutes after running a marathon. *Tom F.*

Energy needed

I am a Captain in the US Army deployed in Iraq. I am writing this testimonial as a thank you to Shaklee and as a message to anyone seeking a healthy means of energy during the day.

As the ISF Officer for the 130th Engineer Brigade, I am constantly coordinating with US and Iraqi organizations echelons above and below my unit. All this coordination translates into long hours in front of a computer and sitting in non-stop meetings; often times struggling to stay awake and focused. I have only used Shaklee's **Energy Chews** for a week, yet on the first day I took it, I noticed not only an immediate boost of energy but also enhanced clarity of thought and increased motivation.

CPT Ryan P.

Mother & Daughter Karate Bonding

In 2000 I was 27 and involved in competitive Taekwondo. I felt invincible. However, I made the mistake of overtraining, and "working through" minor injuries.

This led to a severe injury of my hip and back and muscle spasms on my right side, which at times made it very difficult to walk and do simple tasks. I believed my martial arts career was over. And after years of tests and physical therapy, I was told by my doctors that I would likely have chronic life long pain.

I didn't want to embrace such a diagnosis... and so I looked outside of traditional medicine for some solutions. Through massage and some targeted stretching, I was able to alleviate most of my pain. However, I was not doing any significant exercise and I could feel the negative effects of a sedentary lifestyle.

In 2008 I was introduced to Shaklee. I began using the products in the **Rx for a Healthier Life** – and I did feel significantly better!

In 2010 when my daughter started taking karate, I decided to sign up too. I figured I would do it for fun and exercise, but I didn't have high expectations.

Knowing the quality of Shaklee products, I started using the Sports Nutrition line to support my new endeavor: **Physique, Performance and Joint Health Complex**. I immediately noticed the benefits of **Physique and Performance**. With **Physique** I had little to no pain after intense workouts and I gained strength very quickly; after weight training I noticed I made progress every single day, both in terms of lifting more and doing more reps. When I drank **Performance** before working out I had significantly more stamina than on the days I didn't.

In the first few months of training, I did have some minor pains in my hip. When I felt a twinge, I backed off a

little (being wiser in my 30's) However, the pains in my hip soon vanished. And I noticed I was getting significantly more flexible, I was able to kick higher, and 8 months into my training, I was able to do a split again! Even without an injury I am amazed that I am now as flexible as I was 10 years ago. Hooray for **Joint Health Complex!**

And in a few months I plan to start competing again. Thank you, Shaklee!

Gretchen P.

"...when my daughter started taking karate, I decided to sign up too. I figured I would do it for fun and exercise...."



P90X® + Shaklee = Success

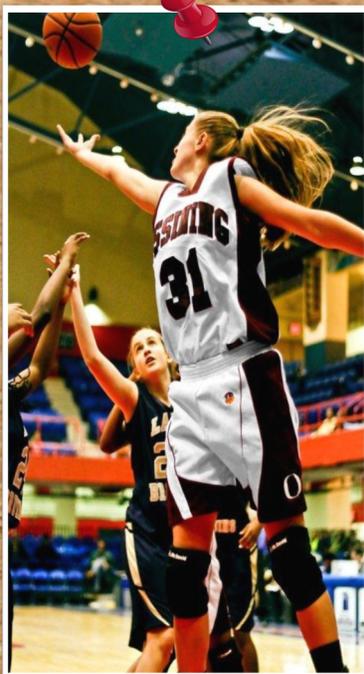
I have been using the P90X workout program for the past two weeks now, and I would like to share how Shaklee has aided me in my personal fitness. The workouts used by P90X are extreme, they take a huge amount of energy out of the body. I make sure to take **Physique** immediately after working out, to replace what the body has lost. There are many protein powder workout supplements on the market, but they will not give the body all of what it needs. The body needs Carbs along with Proteins to synthesize the protein

into the muscles; without Carbs it will not find the nutrients needed. If you look at many protein powders out there today, you will see a huge amount of protein, but the carbs are sadly lacking. What this means is that the powder will not aid you in muscle reparation, because the body cannot make proper use of the protein you are giving it. This is why I use **Physique**, it has the protein I need to recover, the carbs needed to synthesize that protein, and it tastes delicious too!

Josiah D.



YOUTH SPORTS UPDATES



My daughter Sara swims year round and decided to run track last spring. She began complaining about her knee. Many swimmers and runners her age had the same problem and needed surgery to correct it. I wasn't interested in surgery for my 14 year old. We started her on **Joint Health Complex**. In a few weeks, her knee was back to normal and she was swimming six days a week. She also uses **Vita-Lea, C, Alfalfa, and Soy Protein** twice a day.

Krys M.

This past year I had the privilege of playing 2 High School Varsity Sports; Basketball and Volleyball. I grew up a Shaklee kid so I knew the importance of taking supplements, but I didn't necessarily know why. Yet I learned quickly, because I needed to recover from practices and games. I'm so thankful for **Osteomatrix** (Calcium), **Joint Health Complex** and **Joint Muscle Cream!** In the off season as I work out on my own I can feel the difference in my stamina & recovery between the days I take my "supps" and the days I don't. During the summer I am preparing for Sports Camps and I want to be sure that I pack enough "recovery relief" supplies to last me through the summer.

Lydia D.

Worldwide Successes

Shaklee has been involved in the research and development of sports nutrition products for over three decades. World-class athletes from around the globe have benefited from our scientific expertise, our nutritional research and our cutting edge products. Shaklee nutritionists often work hand-in-hand with elite athletes to help them achieve their peak performance.

From Olympic medalists to Arctic explorers, Shaklee products have made a difference in the lives and accomplishments of countless athletes. But you don't need to be a world-class athlete to benefit

from Shaklee sports nutrition. Our products were designed to help both the Olympian and recreational athlete. So no matter what your level of activity- weekend jogger or marathon winner--- Shaklee has the right product combination for you.

EARN A LIVING- MAKE A DIFFERENCE

I am a personal Trainer and Fitness Nutritionist who fell in love with Shaklee in 2005. I was looking for products that I could recommend to my clients that worked and were safe. Much to my surprise, not only did Shaklee score big time with their sports nutrition line, they also provided me with a way to supplement my income. This lucrative model has also given me the opportunity to share the business with others who were looking for either supplemental or full time income.

While my kids are in school, I am able to run my business from home, get my products for free and earn a part time income. It is very rewarding to build a business that has unlimited financial potential and helps people get healthier. Being able to show my kids in today's world that you can earn a living and make a difference and have a great lifestyle is priceless.

One of the most important fringe benefits of this business is that I have met some fantastic people who are now my closest friends.

Sue H.



Muscle Cramps

"After swimming competitively in high school and college, I continued to swim for exercise 2 or 3 times a week throughout my adult life.

At age 48, I started experiencing muscle cramps in my legs and my toes when I was swimming, and feared my life long exercise would have to end.

I spoke to a friend who sent me some information on Shaklee products. I noted that someone had written that they got relief from muscle cramps by taking Shaklee **VitalMag**. I started taking them and after two weeks I no

longer experienced any muscle cramps!

After an extended vacation, I came home and did not have any pills left. I went to the local pharmacy and bought some generic magnesium pills. They did not work, I had muscle cramps again.

Fortunately, my friend came to the rescue and sent me some of Shaklee's **VitalMag** very quickly. I am now taking them again and not experiencing any muscle cramps when I swim.

Kevin

Olympian

Bill Demong lives to compete.

Make that—win. He garnered two World Championship medals and 11 World Cup podiums in 2009 alone. Call it warming up to his biggest accomplishment yet:

becoming the first American ever to win gold in Nordic combined skiing event. The 29-year-old took the podium twice at the Vancou-



Bill Demong

ver Games—once for the individual 10 km race and once for the 4x5 km team relay. "The feeling of going head to head for those last few vital minutes of a race is an insane rush," he says. "You have to give it everything you've got. You have to want it. Want to hurt. Want to be

the strongest." To achieve that, Bill, an outdoor enthusiast, spends hours on intense training. In the summer, he bikes for up to seven hours a day, relying heavily on **Shaklee Performance®** and

other Shaklee products. "I use Shaklee products exclusively as part of my daily routine," he says. "I like Shaklee **Vitalizer™** be-

cause it's in one easy packet. I also take **Defend & Resist Complex** to help keep my immune system up, especially during all the travel.*" He adds, "I trust Shaklee to help supplement my nutrition. It's an integral part of how I not only maximize my training, but also how I recover."