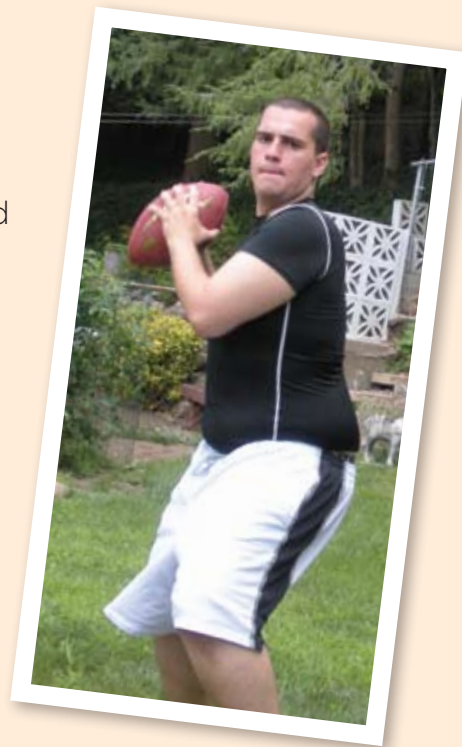


My IsaBody Challenge™ Essay Entry

“You need to start taking care of yourself.” That was it. It was this one simple phrase that I heard my grandfather say to me numerous times in the past that helped me finally take control of my life. It all started a few weeks before Christmas when my grandfather had to deal with a health scare and ended up in a hospital bed. On Christmas Day, my family arranged a dinner together at the rehabilitation center where he was staying to cheer him up. As dinner came to an end and we were all saying goodbye, for the first time in my life I saw tears flowing from my grandfather’s eyes. It shook me to the core as I realized how much his own health struggles were impacting him. Here I was, only 21 years old, weighing nearly 400 pounds and wasting opportunities not doing anything to prevent my own future health challenges.

That night, he repeated the phrase I’d heard from him many times: to take care of myself. I knew right then and there that no matter what it took, I was going to do something about my weight. Lucky for me, I found Isagenix®. When I started the IsaBody Challenge™, I weighed 392 pounds and found everyday life difficult to manage. Even attending college classes were a challenge as I didn’t fit into the seats and had to sit on the floor at the back of the room. But, with the help of the products and daily trips to the gym, I’ve been able to drastically change my life and release 153 pounds.* I’m determined to keep losing weight and hopefully be a member of the 200-Pound Club in the future.

—Anthony



*Weight-loss results may vary.