



Maria Smith

Maria lost 37 pounds in 4 months!*

Maria Smith has been on the weight loss merry-go-round before.

What surprised her about using BODYKEY™ Meal Replacement Shakes is that this time, the weight stayed off. Even over the holidays and a long Michigan winter, she managed to lose an additional 2 pounds.

"I've never been able to maintain in the winter," she says.

Maria starts every day with a shake for breakfast to help maintain her weight loss. To initially lose the weight, she followed a 1,200-calorie diet and exercised for about 30 minutes per day.

"Now I just make healthy choices and, because of the weight loss, I am enjoying a more active lifestyle," she says.

In the past, a big diet and exercise push would lead to weight loss, but it was never something she could stick to. She says the simple act of having a shake first thing in the morning motivates her to keep up a healthy eating and exercise plan as part of her regimen.

"There's something about the balance of doing those three things. When it was just diet and exercise, it was easy to just give up," she explains. "The shake is such an easy commitment to keep. I know now I can work through the cravings, and that takes a lot of the pressure and the fear off."

Being 37 pounds lighter has led to a new confidence and ability to focus on enjoying and fully participating in social interactions instead of worrying about how she is being perceived.

"It's incredible to be free of the ever-present guilt associated with not taking good care of your body," she says.

"While I was losing the weight, everyone was asking what I was doing," she continues. "I don't want to go back to that heavy feeling. I'm more invested in my health instead of only focusing on calories or weight."

And she's got the lab results to prove that losing the weight has done more for her than simply helping her fit into smaller clothes. Her doctor recently told her that her results looked more like that of a 25-year-old than an almost 50-year-old!

"When my lab results came back, they were perfect, and that's never happened," she says.

*This success story features an Amway employee who has a financial interest in the sale of Amway™ goods and services. Consult your physician or health care professional before starting any weight loss program. Product was provided.