



*Mary Nall*

Area Manager

I found Arbonne when I was ready to have our second child, and I still hadn't lost the baby weight from our first child.

I had tried other programs and although I'd lose weight, once I stopped those programs the weight would come right back. I needed something different. I needed a program I could incorporate into my life without it ever feeling like I was on a diet or depriving myself of food. I needed to build healthy habits and become educated about how foods served my body.

My husband and I did our first 30 days in June, and we each lost 15 pounds, without ever feeling like we were missing out or having to count calories. We were still able to enjoy our summer BBQs with friends, date nights with other couples, and impromptu family dinners. Not only did we lose weight, but for the first time ever, we actually began to enjoy cooking. It became fun for us to take our old recipes and swap out ingredients for healthier options. Simply by becoming educated on how foods affected us and building healthy habits, we were able to make a huge lifestyle change. I love sharing this program with others because I enjoy showing busy people, always on the go, how small changes lead to big results.