

7Company®
LLC
Weight Loss &

Monthly Biggest Loser

December
2010



Success Story

Talk about the “Biggest Loser!” Sam joined our program on November 29th and in only one month lost an astonishing 33 pounds and a full 7% of his body fat. He tells us that he feels much better, is less winded when he walks up the stairs and has a lot more energy. Our entire staff marvels at Sam’s determination and attitude. He is truly an inspiration.



Cori began the IP Program on November 28, 2010. In only one month, she dropped 18 pounds. “I get excited every Friday knowing that I am going to have my weekly weigh-in. Almost im-

mediately I could start feeling the difference in how my clothes were fitting. One benefit has been that my energy level is much better which is helpful when chasing after a 3 year old. For anyone who is concerned if the plan would work for them, I would say that I am a very picky eater and have been surprised at how much I enjoy the food and how easy this program is to follow.” Cori has already lost 14 inches. We congratulate Cori on the success she has already achieved.

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