

This is My ISAGENIX “Fitness” and “Business” Story



My name is Shannon Grella from Washington state. I have a background in Body-Building and Fitness Training. I am a Graphic Designer by trade - but Fitness and Nutrition are my REAL passions (along with my hubby and kids). I used to do competitive body-building and I was recently a Fitness Instructor at Bally Total Fitness for several years.

Over the years, I have struggled to keep my weight in check. I've never been REALLY heavy, but I have had to diet off 5,10, or 15 pounds more times than I can count. Because of this constant battle, I have read and studied everything about fitness, nutrition and diets that I could get my hands on.

I lift weights 5 days a week during my lunch breaks, but had noticed that as I reached 40, it was getting harder and harder to maintain my weight - let alone drop a few pounds.

When a friend first told me about Isagenix, I wouldn't even consider it because I had always been taught that to lose more than 2 pounds a week was losing water and muscle . . . and I wasn't about to part with my hard-earned muscle !

I eventually checked it out - and after hearing the success stories - learning about the superior nutrition and protein supplied by the Isagenix products - and how cleansing the toxins allows your body to release the fat while at the same time - support and build lean muscle . . . I got EXCITED! I got excited for a number of reasons . . .

- I got excited to have a simple, healthy program to recommend to all the people who are constantly coming to me for advice on how to get in shape. Isagenix is very healthy AND produces incredible results - FAST.
- I got excited about this as a Financial Opportunity. **I could see the power these products have to build a business – and that's what I'm doing.** This business is self-propelling. When someone uses the products, they look and feel great. Then people ask them what they are doing and they want to try it. Everyone we know is interested in better health or wealth - and it is a gift to share this. I tell everyone!
- I got excited to have an easy way to lose those pounds when they creep back on - and to have a reliable way to look my best for an upcoming event. **And most importantly - to be on a Nutritional Program that supplies the body with all the proteins and nutrients it needs in order to be strong and healthy.**

So I got involved and started on the 9-Day Cleansing Program. Well, I was thrilled with the results. I lost 1.5 inches just off my waist. The fat at the top of my legs melted away - and **I loved how it appeared to have "shrink-wrapped" my muscles.**

Now I share Isagenix with everyone. It is so rewarding to see others reaching their goals. And for me, those last few pounds are not an issue anymore. I use the delicious Shakes every morning, and I love the new Chicken Soup. And if I overindulge - I cleanse a little and it comes right off. The key is to continue using these awesome products - because when you put the good stuff in your body - it doesn't crave the bad stuff.

Isagenix just makes sense on every level. I am PASSIONATE about the Isagenix Products to help improve our Health crisis – and the wonderful Isagenix Financial Opportunity to improve our Wealth crisis !

Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds at the completion of their first Isagenix 9 Day Program. Always consult your physician before making any dietary changes or starting any nutrition, weight or exercise program.

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