

SUCCESS STORIES

[<< Main Menu](#)

Lisa Kasick (Sunrider Sport)

Whether we are players or spectators, I think we are all inspired by “game changing” moments. Sometimes it’s an interception...sometimes a blocked pass...and sometimes it happens to be a bottle of SportCaps®!

Although I have been involved in sports for the majority of my life, I had no idea how tough it would be to train and run a ½ marathon at the age of 38. As a mother of three small children, I had put exercise on the sideline for about seven years. When I decided to run the marathon, I had just started to understand the power of Sunrider® foods. I was drinking Calli® and Fortune Delight®, but that was it. About three weeks before the race, I was really feeling the effects of training. I was fatigued and exhausted and muscles ached all over my body. I truly wondered how I was going to complete a 22 km run.

Since I was already intrigued by Sunrider, I decided to find out if there were any “foods” that could help me prepare for the race. SportCaps® was my answer. I trained on five SportCaps® a day for the final two weeks before the race. On the day of the marathon I took 15 SportCaps®. I felt great before, during, and after the race! My recovery was easy and my energy was sustained. I was amazed that food could impact my body in such a strong and powerful way. It was the “game changer” for me.

My entire family now enjoys many of the Sunrider® foods on a daily basis. We love Calli®, Fortune Delight®, NuPlus®, Quinary®, Evergreen®, and of course SportCaps®!

I urge you to jump off the sidelines and get in the game. Sunrider is the “game changer” for life!

[<< Main Menu](#)

