

SUCCESS STORIES

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Heidi Porreca (Sunrider Sport)

From the time I was a young child through my teenage years, I was either on a swim team or gymnastics team. My workouts were at least four hours a day. After graduating high school, my workouts basically consisted of walking and aerobics five times a week. I worked out a lot and I ate a lot; in fact, I was always hungry. If I didn't work out, I gained weight. This was in the 80s and the rage back then was protein powders. These were either whey based (derived from dairy) or soy based (probably genetically modified soy). No matter what I did, I always dealt with a three to ten pound weight gain. And unlike when I was younger, my muscles were now rather bulky (I believe it was from protein drinks).

Throughout later years and having kids, I constantly worked out but was never satisfied with the results! Each year I got older, I had to eat less and workout more, and I had no energy...until my good friend Judy Padgett Creed introduced me to Sunrider. In my late 30s, I started incorporating NuPlus®, Quinary®, Fortune Delight®, Calli®, SunBreeze®, and SunBars into my life. I got rid of the bulkiness on my body and the constant starving feeling by eating NuPlus® and SunBars within 45 minutes before and after a workout. Every day I have Calli® tea, and I always drink at least 32 oz. of Fortune Delight® per day—and even more when working out!

Before Sunrider, I worked out five to seven days a week. Now I'm 47 and only workout three to four times a week. Plus, my body has less fat and leaner muscle. My body is making use of the good nutrition Sunrider delivers! Most people my age have to work out harder as they get older, but not me! Not only has the physical aspect of my workouts improved (like endurance), but my mental state is awesome. I look forward to workouts and I think that has a lot to do with the energy I experience from Sunrider® foods.

Finally, after all those years, a food that takes no time to prepare gives me energy and keeps me healthy! At 48 years old, who knew it could be so simple!

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