

Lifestyle Change Modules

Powered by SelfHelpWorks, Inc.



CASE STUDY: Herbalife Corporation

Results Summary

Herbalife Corporation ran the following survey of 300 graduates of the SelfHelpWorks' Living Lean™ program prior to investing in a customized version. 256 participants responded within six months to one year.

1. Now that you have completed the program, what is your overall impression of it?

Excellent	Very Good	Good	Fair	Poor
68.4%	31.5%	1.1%	0.0%	0.0%

2. Please use the scale below to rate how much the program has helped you at this point in time.

How much weight did you lose? (in pounds)

Over 30	15-29	9-14	5-9	Less than 5
11%	47%	32%	5%	5%

How much did the program help you meet your weightloss goal/milestone?

Completely	Very Much	Somewhat	Not Much	Not at All
21%	47%	2%	6%	4%

How much did the program help you keep your weight off?

Completely	Very Much	Somewhat	Not Much	Not at All
11%	67%	12%	6%	4%

How much did the program help you reduce your emotional dependency on food?

Completely	Very Much	Somewhat	Not Much	Not at All
16%	68%	16%	0%	0%

How much did the program help you improve your motivation about weight loss?

Completely	Very Much	Somewhat	Not Much	Not at All
32%	63%	5%	0%	0%

How much did the program increase your personal power?

Completely	Very Much	Somewhat	Not Much	Not at All
42%	42%	16%	0%	0%

How much did the program help keep you on the meal plan?

Completely	Very Much	Somewhat	Not Much	Not at All
47%	42%	11%	0%	0%

Has the program eliminated cravings for your comfort foods?

Completely	Very Much	Somewhat	Not Much	Not at All
26%	63%	11%	0%	0%

Sample mix: Male 46.3%; Female 53.7%

**Average Weigh Loss:
26.6 pounds!**