

## Jim's Body for Life Transformation

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1/5/01 Before

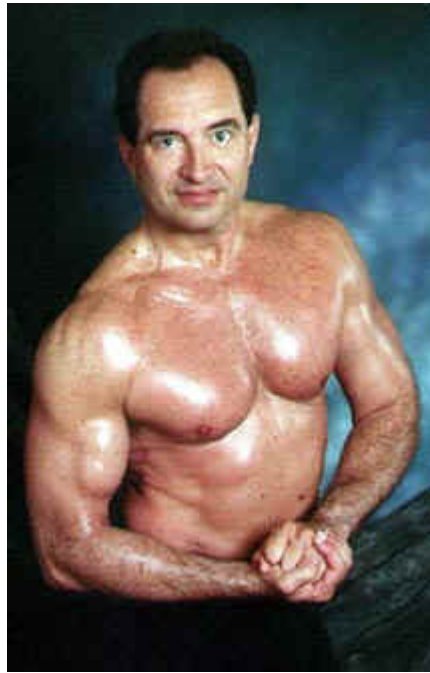


5/25/01 After



### Body For Life

Prior to this "transformation," I had been laid off of training for five months as a result of my elbow operation. I weighed 170. During the training I increased my weight to 180 gaining about 10 pounds of muscle. Following the "fat reduction" phase I was about 174 having lost 6 pounds of fat. These photos show me at 170 having also shed 4 pounds of water in preparation for the photos. The water loss is temporary, the fat loss will be permanent (I hope).



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