



UNICITY

# TRANSFORMATION PROGRAM

Give us 12 Weeks and we'll give you a new life!

## Real People - Real Results

DEFINEYOUR<sup>Y</sup>.COM

# SUZY



BEFORE

AFTER

Weight

**245** lbs

**199** lbs

HbA1C

**5.7**

**5.4**

LDL

**98**

**55**

Triglycerides

**79**

**61**

Cholesterol

**150** pts

**103** pts

Waist

**45.5** inch

**33.5** inch

Body Fat

**36** %

**20** %

# SCOTT



BEFORE



AFTER

	BEFORE	AFTER
Weight	<b>198</b> lbs	<b>170</b> lbs
Cholesterol	<b>250</b> pts	<b>119</b> pts
Waist	<b>40.25</b> inch	<b>34</b> inch
Hips	<b>39.75</b> inch	<b>37</b> inch
Body Fat	<b>28</b> %	<b>17</b> %



# HEATHER

	BEFORE	AFTER
Weight	135 lbs	121 lbs
Cholesterol	177 pts	137 pts
LDL	99	63
Waist	32 inch	25.5 inch
Hips	39.25 inch	34.75 inch

# TOD



BEFORE



AFTER

	BEFORE	AFTER
Weight	162.9 lbs	127.7 lbs
LDL	98	57
HDL	38	46
Triglycerides	136	23
Cholesterol	163 pts	107 pts
Waist	33 inch	28 inch
Blood Pressure	134/84	108/64

# APRIL



	BEFORE	AFTER
Weight	158 lbs	132.8 lbs
LDL	82	75
Triglycerides	61	58
Cholesterol	144 pts	129 pts
Waist	32 inch	24 inch
Hips	42 inch	35.5 inch
Body Fat	36 %	18 %

# TOM



	BEFORE	AFTER
Weight	330 lbs	277 lbs
HbA1C	5.5	5.1
LDL	93	90
HDL	30	38
Triglycerides	118	83
Cholesterol	147 pts	145 pts
Body Fat	44 %	38 %



# HEATHER

	BEFORE	AFTER
Weight	238 lbs	195.6 lbs
HbA1C	5.5	5.3
LDL	91	85
HDL	42	48
Triglycerides	176	101
Cholesterol	168 pts	153 pts
Body Fat	49 %	37 %





# TONY

	BEFORE	AFTER
Weight	281 lbs	230 lbs
HbA1C	7.5	6.5
LDL	UNMEASURABLE	83
HDL	29	41
Triglycerides	931	84
Cholesterol	307 pts	141 pts
Body Fat	41 %	32 %

# MATT



	BEFORE	AFTER
Weight	314 lbs	246 lbs
HbA1C	7.1	6.4
LDL	80	64
Triglycerides	116	125
Cholesterol	143 pts	123 pts
Waist	56 inch	42 inch
Body Fat	37 %	26 %



# KIRK

	BEFORE	AFTER
Weight	228.4 lbs	177 lbs
HbA1C	7.5	5.6
HDL	22	32
Triglycerides	277	108
Cholesterol	150 pts	135 pts
Waist	48.3 inch	36 inch
Body Fat	36 %	24 %

# MATT



	BEFORE	AFTER
Weight	234 lbs	195 lbs
LDL	112	79
HDL	39	52
Triglycerides	158	67
Cholesterol	183 pts	144 pts
Waist	41 inch	35 inch
Body Fat	27 %	12 %



# ANN

	BEFORE	AFTER
Weight	180 lbs	147 lbs
HbA1C	5.9	5.8
LDL	104	86
Triglycerides	118	70
Cholesterol	177 pts	147 pts
Waist	34.5 inch	28 inch
Body Fat	44 %	26 %



# BILLY

	BEFORE	AFTER
Weight	218 lbs	174 lbs
HbA1C	5.5	5.3
HDL	24	32
Triglycerides	366	97
Cholesterol	190 pts	160 pts
Waist	46 inch	33 inch
Body Fat	30 %	16 %



# STEVE

	BEFORE	AFTER
Weight	256 lbs	198 lbs
HbA1C	5.3	5.1
LDL	152	130
HDL	35	43
Triglycerides	146	88
Cholesterol	216 pts	191 pts
Body Fat	32 %	13 %

# COLEEN



	BEFORE	AFTER
Weight	135.2 lbs	119.7 lbs
HbA1C	5.2	5.1
LDL	100	96
HDL	56	58
Triglycerides	112	74
Cholesterol	178 pts	169 pts
Body Fat	31 %	20 %





# TANNA

	BEFORE	AFTER
Weight	146 lbs	125.6 lbs
HbA1C	5.6	5.2
LDL	103	93
Triglycerides	170	86
Cholesterol	179 pts	147 pts
Waist	30 inch	26.5 inch
Body Fat	30 %	23 %



# RICHARD

	BEFORE	AFTER
Weight	245 lbs	198 lbs
HbA1C	5.5	5
LDL	145	95
HDL	36	53
Triglycerides	66	54
Cholesterol	194 pts	159 pts
Body Fat	25 %	16 %



# ZACHARY

	BEFORE	AFTER
Weight	283 lbs	219.6 lbs
HbA1C	5	5.2
LDL	137	98
HDL	55	65
Triglycerides	64	55
Cholesterol	205 pts	174 pts
Body Fat	38 %	23 %



# SHELLEY

	BEFORE	AFTER
Weight	165 lbs	141 lbs
HbA1C	5.5	5.3
LDL	UNMEASURABLE	44
Triglycerides	404	171
Cholesterol	247 pts	154 pts
Waist	43.3 inch	36 inch
Body Fat	43 %	28 %

# EDDIE



BEFORE

AFTER

Weight

**186** lbs

**149** lbs

HbA1C

**5.8**

**5**

LDL

**135**

**82**

HDL

**26**

**46**

Triglycerides

**121**

**56**

Cholesterol

**185** pts

**139** pts

Body Fat

**30** %

**22** %



# KIMBERLY

	BEFORE	AFTER
Weight	152 lbs	128 lbs
Triglycerides	102	99
Waist	35 inch	28 inch
Hips	41 inch	36 inch
Body Fat	38 %	25 %

# DOUG



	BEFORE	AFTER
Weight	180 lbs	157 lbs
LDL	163	102
HDL	50	64
Triglycerides	83	34
Cholesterol	230 pts	173 pts
Waist	36 inch	30.3 inch
Body Fat	20 %	12 %

# BRIAN



BEFORE



AFTER

	BEFORE	AFTER
Weight	<b>232</b> lbs	<b>193</b> lbs
HbA1C	<b>5.7</b>	<b>5.6</b>
LDL	<b>107</b>	<b>75</b>
Triglycerides	<b>90</b>	<b>52</b>
Cholesterol	<b>186</b> pts	<b>143</b> pts
Waist	<b>46</b> inch	<b>37</b> inch
Body Fat	<b>25</b> %	<b>22</b> %





BEFORE



AFTER

# MARIANNE

	BEFORE	AFTER
Weight	178 lbs	152.7 lbs
HbA1C	5.8	5.6
LDL	109	85
HDL	67	94
Cholesterol	186 pts	189 pts
Waist	32 inch	29 inch
Body Fat	34 %	25 %



BEFORE

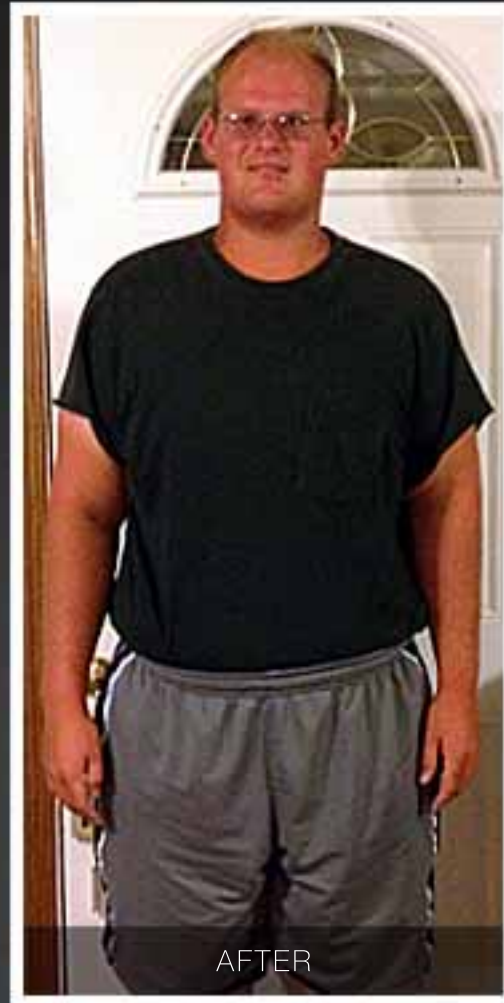


AFTER

# CHRIS

	BEFORE	AFTER
Weight	180.7 lbs	153.2 lbs
HbA1C	5.2	5
LDL	120.9	109.98
Triglycerides	122	73
Cholesterol	130 pts	109 pts
Waist	38.2 inch	32.7 inch
Body Fat	25 %	17 %

# ALEX



BEFORE

AFTER

Weight

**370** lbs

**293.2** lbs

HbA1C

**5.3**

**4.9**

LDL

**122**

**52**

Triglycerides

**51**

**26**

Cholesterol

**177** pts

**89** pts

Waist

**54** inch

**46** inch

Body Fat

**39** %

**35** %

# TOREY



BEFORE

AFTER

Weight

**147.4** lbs

**128.6** lbs

LDL

**85**

**76**

Fasting Glucose

**90**

**80**

Triglycerides

**67**

**59**

Cholesterol

**156** pts

**144** pts

Waist

**30.3** inch

**26** inch

Body Fat

**32** %

**21** %

# JUSTIN



BEFORE

AFTER

Weight

**266** lbs

**213** lbs

HbA1C

**5.3**

**4.8**

LDL

**73**

**66**

Triglycerides

**122**

**73**

Cholesterol

**130** pts

**109** pts

Waist

**45** inch

**37** inch

Body Fat

**30** %

**22** %

# KELLY



	BEFORE	AFTER
Weight	162 lbs	142 lbs
LDL	137	123
HDL	49	53
Fasting Glucose	95	86
Cholesterol	200 pts	192 pts
Waist	35 inch	31 inch
Body Fat	19 %	16 %

# SHARON



BEFORE

AFTER

Weight

**217.4** lbs

**153.6** lbs

HbA1C

**5.8**

**5.7**

Triglycerides

**242.97**

**110.36**

Cholesterol

**239** pts

**197** pts

Waist

**49** inch

**37.5** inch

Hips

**47.8** inch

**36.8** inch

Body Fat

**59** %

**36** %

# ANDRE



	BEFORE	AFTER
Weight	388 lbs	288 lbs
HbA1C	5.4	5.1
LDL	116	88
HDL	44	57
Triglycerides	80	54
Cholesterol	193 pts	149 pts
Body Fat	49 %	35 %

*\*Andre went through the 12-week Transformation Program twice*

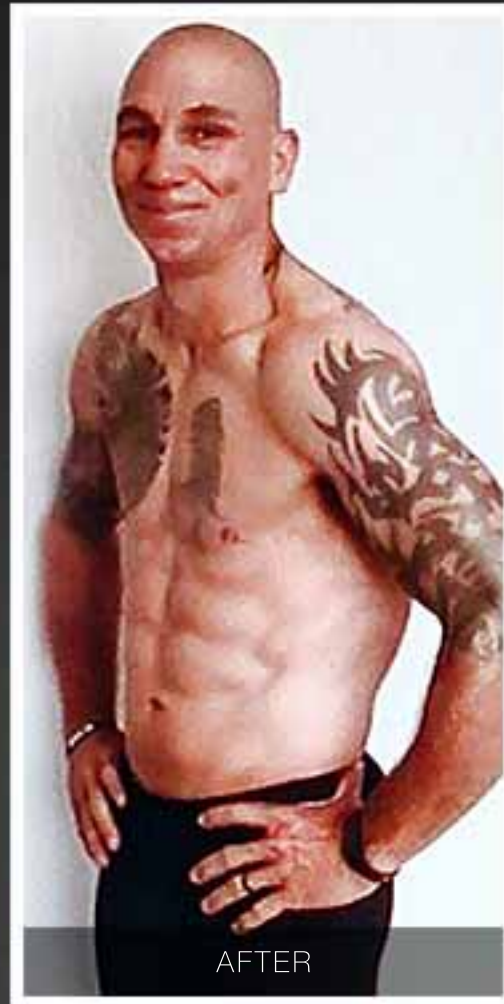




# MIKE

	BEFORE	AFTER
Weight	221 lbs	177.4 lbs
Triglycerides	112	78
Cholesterol	193 pts	149 pts
Fasting Glucose	79	68
Waist	47.5 inch	35 inch
Hips	44 inch	37 inch
Body Fat	36 %	20 %

# JERRY



	BEFORE	AFTER
Weight	224 lbs	193 lbs
HbA1C	5.2	4.7
LDL	130	92
HDL	42	52
Cholesterol	183 pts	159 pts
Waist	44.75 inch	30 inch
Body Fat	32 %	10 %



# KYLIE

	BEFORE	AFTER
Weight	119.7 lbs	95.4 lbs
HbA1C	5.7	5.2
LDL	163	98
HDL	61	76
Triglycerides	81	55
Cholesterol	240 pts	185 pts
Body Fat	32 %	11 %



# KENT

	BEFORE	AFTER
Weight	234.5 lbs	184.5 lbs
HbA1C	5.5	5.2
LDL	144	123
HDL	43	60
Triglycerides	165	57
Cholesterol	220 pts	194 pts
Body Fat	31.2 %	20 %

# COLIN



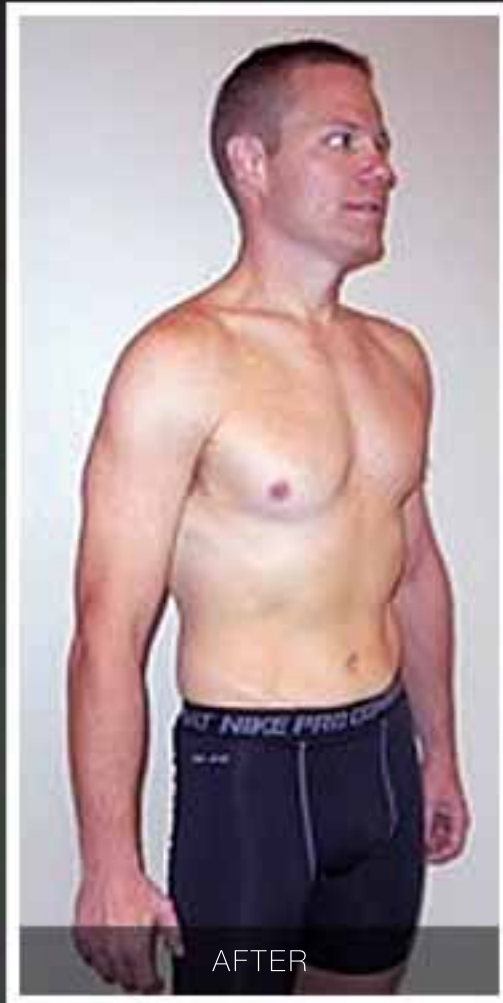
BEFORE



AFTER

	BEFORE	AFTER
Weight	320 lbs	275 lbs
HbA1C	6.1	5.2
LDL	78	66
HDL	37	46
Triglycerides	90	71
Cholesterol	133 pts	127 pts
Body Fat	39 %	34 %

# JEREMY



	BEFORE	AFTER
Weight	192 lbs	154.8 lbs
HbA1C	5.8	5.5
LDL	177	137
HDL	38	42
Triglycerides	150	69
Cholesterol	245 pts	193 pts
Body Fat	22 %	15 %

# STEPHANNIE



BEFORE



AFTER

	BEFORE	AFTER
Weight	232.4 lbs	192.4 lbs
HbA1C	5.3	5.2
HDL	40	43
Triglycerides	107	63
Cholesterol	183 pts	169 pts
Waist	41.5 inch	32 inch
Body Fat	51 %	30 %

# JERRY



BEFORE



AFTER

	BEFORE	AFTER
Weight	192 lbs	164 lbs
HbA1C	6.3	5.7
Cholesterol	214 pts	143 pts
Waist	39 inch	33 inch
Body Fat	27 %	17 %





BEFORE



AFTER

# RICHARD

	BEFORE	AFTER
Weight	255 lbs	200 lbs
Triglycerides	255	112
Cholesterol	269 pts	181 pts
Waist	46 inch	39 inch
Neck	18.3 inch	16 inch
Hips	48 inch	41 inch

# LOLITA



BEFORE



AFTER

	BEFORE	AFTER
Weight	117 lbs	110 lbs
LDL	108	84
Cholesterol	195 pts	165 pts
Waist	27 inch	26 inch
Belly	35 inch	32 inch
Body Fat	21 %	18 %

# DAISY



BEFORE



AFTER

	BEFORE	AFTER
Weight	<b>121</b> lbs	<b>105</b> lbs
Waist	<b>31</b> inch	<b>25.25</b> inch
Neck	<b>13</b> inch	<b>11</b> inch
Body Fat	<b>29</b> %	<b>20</b> %



BEFORE



AFTER

# JOSEPH

	BEFORE	AFTER
Weight	<b>155</b> lbs	<b>165</b> lbs
Waist	<b>32</b> inch	<b>32</b> inch
Neck	<b>15</b> inch	<b>15</b> inch

# DEENA



BEFORE

AFTER

Weight

**140** lbs

**127.9** lbs

Waist

**31** inch

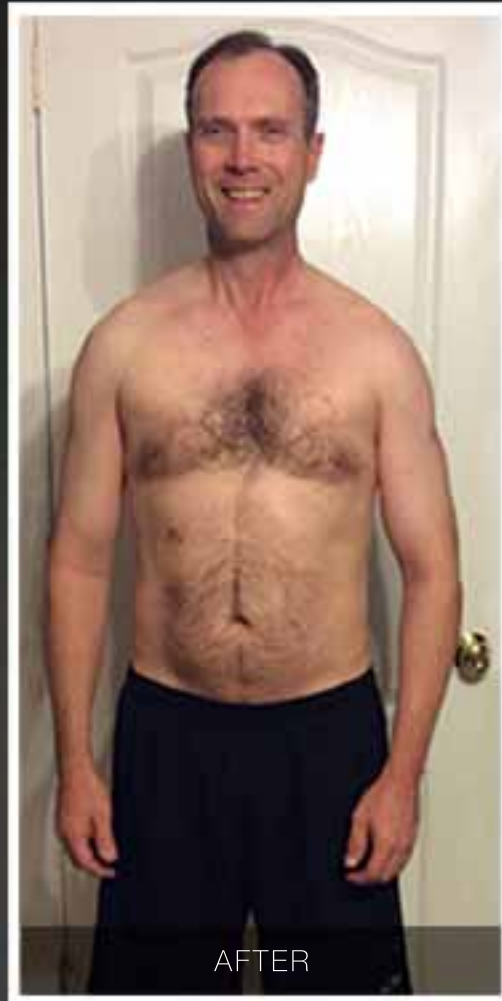
**28.5** inch

Hips

**39** inch

**37** inch

# DOUG



	BEFORE	AFTER
Weight	210 lbs	167 lbs
HbA1c	5.8	5.5
LDL	155	77
HDL	51	65
Cholesterol	246 pts	155 pts
Triglycerides	212	66
Waist	40 inch	35 inch



# RANDY

	BEFORE	AFTER
Weight	199 lbs	179.4 lbs
HbA1c	7.5	6.1
HDL	29	37
Cholesterol	152 pts	136 pts
Triglycerides	250	133
Waist	43.5 inch	35 inch
Body Fat	27.3 %	23.4 %



# GAIL

	BEFORE	AFTER
Weight	253 lbs	198 lbs
HbA1c	5.5	5.4
Triglycerides	146	116
Waist	46 inch	38 inch
Neck	16 inch	13.5 inch
Hips	53.5 inch	47 inch





# SHERINA

	BEFORE	AFTER
Weight	175 lbs	150 lbs
HbA1c	6.0	5.4
LDL	104	89
Waist	33.5 inch	29 inch
Hips	44 inch	38.5 inch
Body Fat	40 %	30 %

# DAVINDERPAL



	BEFORE	AFTER
Weight	144 lbs	130 lbs
Triglycerides	0.75	0.70
Cholesterol	4.19	3.77
Waist	35 inch	32 inch
Body Fat	21 %	19 %

# GURJINDER



BEFORE



AFTER

	BEFORE	AFTER
Weight	145 lbs	127 lbs
Triglycerides	2.80	1.84
Colesterol	6.7	4.8
Waist	38 inch	34 inch
BMI	26	24
Body Fat	35 %	31 %



BEFORE



AFTER

# BIBI

	BEFORE	AFTER
Weight	267 lbs	199 lbs
Waist	44 inch	36 inch
Hips	51 inch	42 inch
Body Fat	52 %	38 %
Medications	21	1



# MARNA

	BEFORE	AFTER
Weight	222 lbs	170 lbs
Triglycerides	121	44
Colesterol	233 pts	157 pts
Waist	43.5 inch	33 inch
Hips	51.5 inch	42 inch
Body Fat	56 %	38 %



BEFORE



AFTER

# KEITH

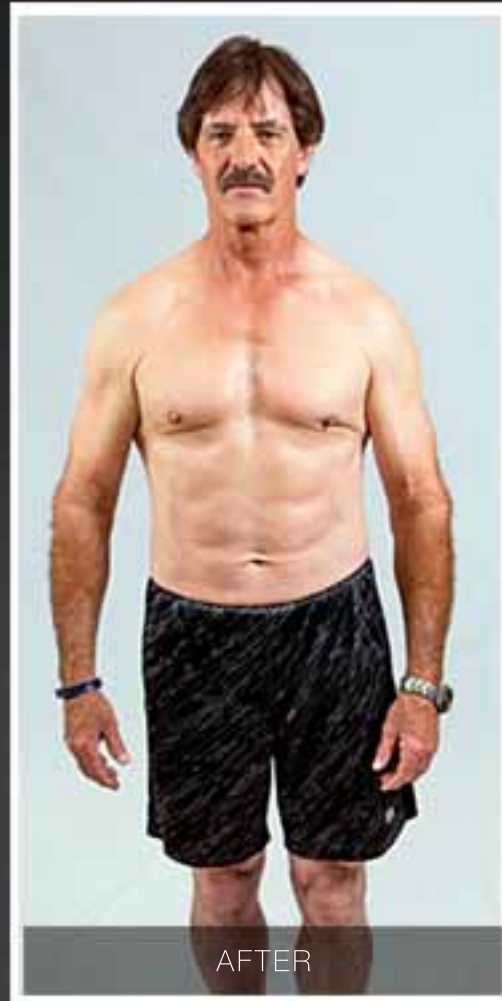
	BEFORE	AFTER
Weight	<b>198</b> lbs	<b>168</b> lbs
Triglycerides	<b>112</b>	<b>63</b>
Colesterol	<b>142</b> pts	<b>113</b> pts
Waist	<b>42</b> inch	<b>32</b> inch
Hips	<b>43</b> inch	<b>38</b> inch
Body Fat	<b>30</b> %	<b>19</b> %



# AMANDA

	BEFORE	AFTER
Weight	177 lbs	150 lbs
HbA1c	5.5	5.3
Waist	42 inch	32.5 inch
Hips	45 inch	38.5 inch
Body Fat	49 %	34 %

# STEVE



	BEFORE	AFTER
Weight	208 lbs	179 lbs
Triglycerides	147	82
Colesterol	296 pts	194 pts
Belly	5.7	5.4
Waist	40 inch	34 inch
Body Fat	27 %	19 %



# PAT



BEFORE

AFTER

Weight

**170** lbs

**153** lbs

HDL

**5.5**

**5.3**

Colesterol

**172** pts

**168** pts

Waist

**35** inch

**32** inch

Hips

**41** inch

**35** inch

Body Fat

**37** %

**27** %

# BOB



BEFORE

AFTER

Weight

**211** lbs

**187** lbs

Waist

**45** inch

**39** inch

Body Fat

**36** %

**28** %