

Johnathan Pellerin
December 17, 2014 · 🌐

You dont need to be on most meds if you just make a few small changes 😊



Stephen F.
Triglycerides: ↓150 pts
WON: \$1,000!

"Before Focus T25®, PiYo®, and Shakeology®, I was on medication for high blood pressure, high cholesterol, and I was pre-diabetic. I went in for a check-up recently, and my doctor said my blood panels look amazing. I don't have to take those meds anymore. This is only the beginning, and I feel like the sky is the limit."

BEACHBODY CHALLENGE
ULTIMATE HEALTH

*Results vary.

"My Cholesterol Went From Needing Meds to Amazing." - The Team Beachbody Blog

Meet Stephen, age 37, a teacher from Louisville, KY. He entered The Beachbody Challenge in November 2014 and won an Ultimate Health Transformation prize of TEAMBEACHBODY.COM

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9

Ken Hound Grainger I'm gonna do that...
December 17, 2014 at 6:01pm · Like · 2

Johnathan Pellerin Yes you are Ken
December 17, 2014 at 6:08pm · Like · 1

Shannon Roy I love seeing these stories, very inspiring for many:) It's amazing how just changing diet and getting active can make a HUGE impact on your health and reverse so many illnesses. I for one do not believe in prescription drugs and always try to find a ... See More
December 17, 2014 at 6:21pm · Like · 2

Johnathan Pellerin I am the same way Shanny 😊
December 17, 2014 at 7:05pm · Like · 1

John H. Campbell I agree...I think people take too many meds when there are natural fixes for so many ailments. Regular exercise got me completely off any anti-anxiety meds permanently.
December 17, 2014 at 9:33pm · Like · 1

Johnathan Pellerin Thats awesome John
December 17, 2014 at 10:40pm · Like · 1

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