

Success!



Lives in Motion

Business and Recognition Magazine

Holiday 2008

New Rank Achievers

June - Septemberpage 15

**Using you and our
bio-network to get
America healthy**

by Dr. Andersenpage 23

Healthy Body • Healthy Mind • Healthy Finances

GREAT TASTE – WITH FEWER CALORIES AND CARBS!

Two **NEW** Crunchy Medifast Bars

You've tried the new Crunch Bars and your feedback has been tremendously positive. We are happy to announce that these new Medifast Bars now come in two more delicious flavors that are lower in calories, total fat, and carbohydrates than the original Bars, so **they're completely interchangeable with other Medifast Meals on the 5 & 1 Plan:**

- Oatmeal Raisin Crunch (**new!**)
- Chocolate Crunch (**new!**)
- Chocolate Mint Crunch
- Caramel Crunch
- and Peanut Butter Crunch!

Getting healthy with Medifast has never been tastier, and the good news doesn't stop here: Stay tuned for even more **NEW FLAVORS** coming soon!



The Home Office Team is here to support you! Please contact us with your questions at any of the email addresses below!

Field Support:

- HealthAdvisorService@TSFL.com or (877) 270-5708.
- Compensation@TSFL.com
- Leads@TSFL.com
- Marketing@TSFL.com
- Tradeshows@TSFL.com
- Webmaster@TSFL.com



Front row: *Brian Walker, Faith Jackson, Sherry Scott, Emily Trainor, Lanel Thomas, Austin Sandkuhler, Leo Williams*

Back row: *Luis Cardenas, Takki Williams, Denise Lazo, Brianna Dobbins, Nasifa Bishop, Francine Varona, Rod Heckman, Allison Bell, Kristin Fubrer, Janet Cronstedt, Rebekah Reisig, Allan Cannington, Roland Dobbins*

Not pictured: *Swan Gilyard, Dana Jansen, Cheryl Toland*

Featured Stories

CORPORATE ADDRESS 2 (Janet Cronstedt)

An inspirational look back on 2008, what made it so great, and why relationships will be the basis for our success in 2009 and beyond.

LEADERSHIP RECOGNITION 3 New Global, National, Regional, and Executive Directors

The ever-growing list of new Leaders expands further yet! Meet them and read what they have to say. If it hasn't happened already, we want to see your face in this section next issue!

NEW RANK ACHIEVERS 15

The folks on these lists are the ones headed in the best direction possible...UP! The Home Office congratulates you on your hard work and we thank you for helping to improve America's health.

HEALTH COACH BONUS ACHIEVERS 17

Check out who our Bonus Achievers were from June – September. You owe it to yourself to end up on this list every month, and you CAN do it!

NEW CERTIFICATIONS 22

Meet our newest Certified Health Coaches! Every Health Coach should make the commitment to become certified. It is good for you, and for your business.

YOUR HEALTH IN MOTION 23 (Dr. Wayne Scott Andersen)

In this issue, Dr. Andersen focuses on the importance of the healthy, positive, and free coaching support that YOU – our Health Coaches – provide to thousands of folks across the country every day. Working together is the key to a successful business.

HEALTH COACH SUCCESS ARTICLE 24 (Freida Keller and Pat Staude)

Every issue we highlight a special Health Coach to Client relationship. This time, we have sisters! Read about Freida's difficult road to health and how her sister, Pat, stepped in to do exactly what a Health Coach is supposed to.

BUSINESS COACH SUCCESS ARTICLE 25 (Kelly Rife)

Read about the keys to becoming a Business Coach with Take Shape For Life. There are some excellent points in this article for those of you striving to go to the next level, even if you already are a Business Coach. You don't want to miss this article.

BUSINESS LEADER SUCCESS ARTICLE 26 (Jane & Jim Anderson)

Reaching Business Leader is the pinnacle of TSFL business achievement. Read as two Business Leaders talk (in comprehensive Q&A format) about what it takes to become a Business Leader and what they look for in potential Leaders. Don't miss it!

HEALTH PROFESSIONAL SPOTLIGHT 27 (Dr. Jean-Claude Doornick)

Learn about why this Chiropractor decided to implement Take Shape For Life in his practice. And read as he expresses what TSFL has done for his health, his livelihood, and his passion for fighting obesity.

On the front cover

Take Shape For Life
co-founders
Dr. Wayne S. Andersen and
Brad T. MacDoanld



Janet Cronstedt
SVP Sales and Marketing TSFL

Hello, Tomorrow!

What a wonderful time for me to share just how grateful I am that you have so warmly welcomed me into the TSFL family. I love serving you and feel blessed to be a part of this extraordinary bio-network of Triliologists!

As 2008 draws to a close, I am looking back at where we've been, celebrating where we are (kudos to YOU), and planning for 2009 and beyond. I am looking forward, with great anticipation, to all the promise the future holds.

2008 was a year of investing in strategy, structure, and people. Peter Drucker, the inventor of modern management, once said, "No institution can possibly survive if it needs geniuses or supermen to manage it. It must be organized in such a way as to be able to get along under a leadership composed of average human beings."

This year, our "on-purpose" approach has allowed us to build on our existing culture, integrate people and processes, take small steps forward to becoming a world-class Client support system, and

encourage personal leadership to help you become effective, 21st-century healthcare professionals.

2009 and beyond is all about nourishing greatness. Kevin McCarthy, author of *The On-Purpose Business*, says, "The end game is about doing what we do best more profitably." Think about our culture with respect to hiring, coaching, and mentoring people. Take Shape For Life succeeds because we are about helping ordinary people transform themselves into extraordinary managers who lead great teams and ignite the hope of Optimal Health in their Clients.

How can we invest in people and see even more returns? Consider the impact of the people in your Home Office and in your upline, working with you as you progress from your first 30 days as a Health Coach to an Emerging Leader, or a Global Director. Imagine them supporting your progress by truly recognizing all your gifts, seeing where you were going, and meeting your needs before you even ask.

Although this vision exists in the "dream room," we have the ability to create this vision as a reality for ourselves, and are working toward that goal right now.

For the moment, you can count on this: We accept the responsibility of leadership to plant, tend, and nourish individuals, their talents, and their dreams. Investing in people is not an expense. It leads to strong finances, higher stock prices, efficient operations, improved productivity, and lower costs. Most important, it results in a healthy, happy organization, both here at home and in the field.

From my heart to yours, I wish each one of you health and happiness in the year ahead, and a blessed holiday season to enjoy with those you love most. Hold them closer than ever, and let them know how precious they are to you! Whether business or personal, relationships really are the meaning of life.

Better together. 




NEW GLOBAL DIRECTORS

It all started with a team of two and grew to teams of thousands. In the beginning, we were just two people who needed to lose weight. Since then, we have seen people lose up to 186 pounds and find new lives full of excitement and possibilities. That's why the idea of changing lives has become our greatest goal.

The saying that cream always rises to the top is true. We now have a team of leaders that once needed to lose weight as we did. They caught the vision of this company and started sharing it with their friends. This business is like making a snowball: The more you push it, the larger it gets, until finally you cannot move it without help from others.

Thanks to our team members, the Pettits and the Millers, who inspired us to return to Take Shape For Life by

their example of excellence, and our Executive Directors, Bev, Bob, Tami, Linda, and Teri. A big thanks to Dr. Andersen and Dan Bell, who made the business take shape and happen. To our son and his wife, Jodi, who worked hard to get us active in our business: We will always be deeply grateful for your strength and dedication.

We have seven children and children-in-law, along with 15 grandchildren. We hope to see all of our grandchildren get married, and still be around to play with our great-grandchildren. This healthy way of living may make this blessing possible. 



**Cindy & Lonnie
Drollinger, WA**




NEW GLOBAL DIRECTORS *continued*

Take Shape For Life has given us so much to be grateful for. When we reflect back on all that has transpired over the past 17 months, we are astonished. Like most, I started as a Client wanting to lose some weight in February 2006. I then became a Health Coach in February 2007, and within three months working part-time, I ranked up to Executive Director. While in Keystone, CO, at the National Convention last year, I made the decision to take my Take Shape For Life business to the next level.

We achieved Global by setting new goals every month for acquiring new personal clients as well as sponsoring new Health Coaches. Going forward, we focus on training, mentoring, and inspiring all of our Health Coaches to reach their goals.

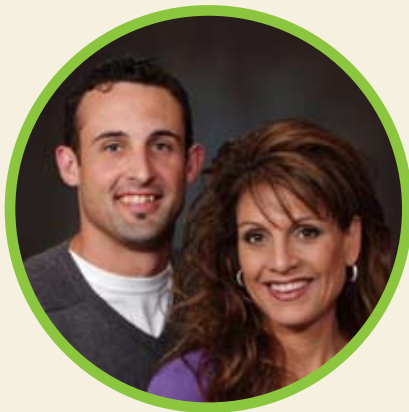
We rely on our upline, remain coachable and accountable, and strive for personal growth.

It has been said many times that persistence and consistency are crucial in achieving any goal. When you combine unwavering belief, strong desire, and a positive attitude, you have the foundation for success.

We want to thank God for His abundant blessings and grace, our Clients for their trust, our devoted upline, and our awesome team whom we consider friends. It is an honor and a privilege to be welcomed into Team Global. 



Margaret & Ken Hartman, FL




Anjela Stellato & Cory Coate, OR

Thank you, Take Shape For Life! We are so excited to see our vision with you materializing in front of our eyes.

Even in these tough economic times, we are growing every month because of the amazing leadership and the outstanding business structure we are a part of. The credit for any success we have is only because of these facts, and because our team of Executive Directors is offering us everything that TSFL has laid before them.

We feel incredibly blessed and honored that so many people have not only trusted us in this endeavor, but have embraced us as personal friends throughout their journey as well. Although we have only been a part of the company since January 2008, we feel as though we are accepted as family. Companies are rarely able to create that feeling among their employees!

After our first Sundance Leadership Retreat, we are fully confident that our

possibilities are endless! If we could impart anything to the person reading this, it would be to GET STARTED NOW! Don't wait another day! Now is the time to jump onboard and begin to make your current reality become a stepping-off point for your future. Fulfilling your dreams for health, wellness, and financial security will take you through the rest of your life! 

NEW GLOBAL DIRECTORS *continued*


Dr. Mark Nelson said it best: Take Shape For Life is a gift. After returning from the Sundance Leadership Retreat yesterday, I realized the true power in that gift. That experience cannot be put into words. When JC Doornick said, "I was trying to get into town in a rocking chair," it suddenly hit me: That's exactly what was happening in my life!

Thank you Dr. Dom and Adrienne Cirigliano for pulling me out of that rocking chair and into a rocket ship that's spreading the Trilogy of Optimal Health across the nation! Thank you Dom and Rita Tarinelli for your continued support along the journey.

I'd like to thank my ENTIRE TSFL team, most notably my Aunt Renee and Uncle Joe, Sandra and Todd, JC, Barbara

and Ralph Martignetti, and Dr. Frank Cricchio. Thanks, Mom and Dad, for supporting me 100% in my decision to get involved with TSFL.

God works in mysterious ways. October 1st was my Aunt Renee's one-year anniversary on the TSFL Program. She has lost over 100 pounds after our medical "system" had given up on her. October 1st was also the first day I was blessed with being able to celebrate success as a new Global Director. My aunt and I have been given a gift—one that we are now sharing with others.

Dr. A, Lori, Dan, Mary, THANK YOU for what you have done for me, personally and professionally. All of us in TSFL are so, so blessed to have you as our leaders. 



Dr. Daniel Van Zandt, NY



Shannon Wollam, NV

Take Shape For Life has helped me to take control and shape my life! I'd like to thank Dr. Andersen and Dan Bell for creating an amazing opportunity for us, Bryan and Jodi Drollinger for their love and support, and all the members of Team Global for their "live out loud" example and commitment to "get America healthy."

I am honored and humbled to be accepted into Team Global and to be a Triliologist. It's a responsibility I


wholeheartedly accept and will pass on with pleasure!

What does the Trilogy of Optimal Health mean to me?

• **Healthy Mind:** I so enjoy helping others reach their goals both with the program (my Clients have lost over 8,500 pounds!) and the business. I am rewarded every day and have meaning and purpose in my life. I have peace of mind knowing I have control of my future, and I enjoy passing that along! My husband Dan and I travel and enjoy volunteering with a freedom we've never had before.

• **Healthy Body:** Having lost 75 pounds, I'm truly grateful for this program! I love being in my body again!


• **Healthy Finances:** I'm grateful for the financial rewards of this company. I've never had so much fun making six figures, and that's after just two years with the company.

What will you find in Take Shape For Life? My desire for you: All your hopes and dreams manifested in an abundant and radiant life that YOU create—a life in motion! 

NEW NATIONAL DIRECTORS

Joanne Breuer, WA


I opened my business with TSFL in June 2006 with just 20 pounds lost. Working a corporate job did not leave me much time to work my business but that did not stop me. When you believe in something and have the desire to make a difference in people's lives, you find the time. My husband and I are living the Trilogy. I retired from my corporate job one

year after opening my business with TSFL. Our bodies are healthy, allowing us to live the life we always dreamed of. Our minds are set on helping others achieve the Trilogy, and touching as many lives as we can. 




Sherry Brown, OR

I was introduced to Take Shape For Life in September 2007. I lost 30 pounds in less than two months, and brought my weight down to a healthier range. Today I also have a healthy mind and healthy finances, which is why I fully embrace the Trilogy that only TSFL offers. Being a Triliologist means I have the knowledge and opportunity to share what I have with

America! I can't wait to see what this next year will bring—Thank you, TSFL, for the life you give! 




Timothy Cox, OR

One great benefit of TSFL is the wonderful way in which you can work together with fantastic people. Linda Dahl, my coach, Dirk and Sherry Werhane, and Terri and David Miller have been my mentors, and excellent examples every step of the way. Our group's amazing HCs are people of integrity, with the mission of TSFL burning brightly in their hearts. I am grateful to be a part of their lives and serve them in whatever way that I can. The secret to success is in the Blueprint: Read it, take ACTION, find great people, and serve them. 

NEW NATIONAL DIRECTORS *continued*

Sandy Kralovec, OR


What an incredible year this has been for my family! Not only did my sister introduce me to the Trilogy, but within a few short months, almost our entire family had found the Trilogy as well. It is amazing that we can get healthy and have a career helping others get healthy, as well as guide them to find the healthy mind and finances they need. I want to thank

Dr. Andersen for his vision and for the lives he has enriched with the Trilogy of Optimal Health! We have all been given the opportunity to create incredible lives! 




Susan Piazza & Michael Patrick, OR

This wonderful journey called Take Shape For Life has truly been a blessing in our lives. The vision that's been created by Dr. Wayne Andersen and Dan Bell has allowed us to fulfill one of our primary life goals, which is to live our lives with passion and purpose, and dedicate ourselves to helping other human beings. We are inspired by our leaders to lead

our team by example, with integrity and values, and strive to create a better future for all. We look to make a difference and to leave a legacy for others to follow. 



Carrie & Sven Vanrenterghem, OR

We just keep it simple, and keep moving forward. Get plugged in and duplicate. We wish we could give some new tip on how we did it, but we can't. Sven was asked, "What is your secret?" There is no secret: "The secret is out." Use the Blueprint for Success and other tools: the support and leadership calls, and our Web sites. Find a leader in your upline and respectfully follow them. Learn and be ready to make changes. Remember the 20/80 rule; accept it. Attend all trainings, care for others, have fun, and your business will grow. 

NEW REGIONAL DIRECTORS



**Dr. Steven & Laura
Auerbach, NY**

Take Shape For Life has added to our chiropractic practice! It's exciting to see so many lives, including ours, transformed. Our heartfelt gratitude to Dr. Bill and Mary Linacre, Dominic and Rita Tarinelli, and our growing team of Triliologists, as well as Dr. Andersen, Lori, and Dan Bell for showing us the way.



**Steven & Jennifer
Berg, OR**

Take Shape For Life is a powerful program, and we are thrilled to be a part of an incredible mission. We thank our coaches, the Siegels, the Milligans, Dan Bell, and Dr. and Lori Andersen for their help and dedication. We look forward to working with this great company for many years to come.



Donna Betts, TX

I attribute my success with Take Shape For Life to three things:

1. Becoming a "walking billboard"
2. Keeping in touch with each new Client during the first 30 days
3. Attending National Convention

I also realized that sponsoring is not selling. It is sharing a fantastic opportunity with my successful Clients.



Laurie Fields, AZ

"If you wait, all that happens is that you get older." – Mario Andretti. Before Take Shape For Life, I was waiting on a better life... but life wouldn't wait on me! I shed 81 pounds, and now I am a "Triliologist in training." Thank you to the Andersens, the Bells, my sponsor Stephanie Golka, the Fiskes, and my team!



Dr. Donna Goldstein, FL

Take Shape For Life has given me the opportunity to use my background in psychology and personal/professional development in new and exciting ways. Our goal is to ignite a passion for healthy living. My team and I have helped hundreds of people in six short months. America today—tomorrow, the world!



Ruth Holland, FL

Becoming a Regional Director has been a wonderful journey. Not only have I become healthy, but I have had the honor and privilege to be included in others' journeys toward Optimal Health. Our small island of Key West is bursting with success stories that are branching out to the mainland!



**Freida & Edward
Keller, LA**

We would like to give credit for our advancement to those Clients who are succeeding in their quest for Optimal Health. Their enthusiasm keeps us moving forward. Pat Staude, Whitney Kell, and Greg Rex are our guides. We truly believe that we are on a quest to get America healthy!

NEW REGIONAL DIRECTORS *continued*



**Jami & William
Krietzman, OR**

In addition to achieving personal success, Take Shape For Life has given us the opportunity to meet Clients' needs and promote healthy living. It has allowed us to serve others with unselfish generosity and acts that validate our good fortune. It gives meaning to our lives and sustains the lives of others.



**Elizabeth Moe & Tom
Lewis, OR**

The best decision I have ever made regarding business was to become a Health Coach. I love assisting others to good health. Working with others who have the same love for people and for this business has helped our business grow. We only succeed by helping others succeed.



Kelly McClellan, TX

Through learning and living the Trilogy of Optimal Health, I've been able to help others achieve their goals. I'm blessed to be able to help my Clients and Health Coaches discover their potential and awaken hope. Many thanks to Kim and Joe Fiske! Their dedication and inspiration is outstanding.



Renee McLaughlin, GA

I'm incredibly grateful to have this opportunity to share the benefits of Optimal Health with everyone. Being able to teach people the Habits of Health and give them the Tools to incorporate those habits into their lives has become my mission. The success I've experienced is a direct consequence of that passion.



**Dennis & Joyce
McManamon, ID**

After struggling for years, we have found that we can control our weight by using Medifast products daily. On top of that, Take Shape For Life has given us the opportunity to have an income while working fewer hours and enjoying our grandkids more! This program has changed our lives forever.



**Joan & Mark
Mueller, NJ**

After losing a combined 100 pounds on the program, we were privileged to be sponsored by Dr. Andersen. We strive to instill the integrity, enthusiasm, and purpose in our Health Coaches that we learned from him. As the life we envisioned becomes reality, we feel compelled to share Take Shape For Life with everyone.



Lynn Phelps, VA

Take Shape For Life is a fabulous company to work with. I became a Regional Director with support from my upline and the Home Office staff. To anyone who wants to build a business, I recommend taking advantage of all the Tools and support calls, working with your upline, and attending corporate events.

NEW REGIONAL DIRECTORS *continued*



Rita Regan, NY

I am grateful to have Laura Martin, R.N. as an Executive Director on my team. Together from the start, we have managed to get ourselves healthy on the 5 & 1 Plan, and now we have a lot of fun helping many others do the same.



Delane Solana, FL

In April 2007, I was introduced to Take Shape For Life by Margaret Hartman. From that point on, it has been an amazing journey. I was 35 pounds overweight and in a lot of debt. Now I am blessed to be healthy and financially free to do my business full time!



Phillip Strambler, MD

Several years ago, I had diabetes along with high cholesterol, blood pressure, and triglycerides. Using the product, all of my levels returned to normal, and I dropped 63 pounds and discontinued my medications. At the same time, following *The Blueprint for Success* and attending corporate events have helped my business explode.



Cheryl Tooke, MI

My Take Shape For Life business has exceeded my wildest dreams. Since becoming a Health Coach in March 2008, my business has grown to the point where I am now able to retire from my full-time job and devote my energy toward my real passion—helping others get healthy!



**Kim & Steve
Trehwella, OR**

Our lives have been forever changed! Not only have we successfully lost weight, but we have been able to share this program with others. Every day, we have the ability to change lives forever by sharing Take Shape For Life. Thank you Sherry Brown, the Castros, and the Millers!

NEW EXECUTIVE DIRECTORS



Carolyn Aegerter, OR



Wanda Anderson, AL



Brian Barton, ID



Linda Beckmann, UT



Elise Braaton, FL



Sheri Brown, FL



Paula Chaney, MD



Denise & David Cinney, NY



Therese & Thaddeus
Collins, OR

NEW EXECUTIVE DIRECTORS *continued*



Beatrice Cubero-Velez &
Jose Velez, NY



Beverly Day, OR



Zebedee Fortman, II, MO



Diane Hood, GA



Heather Jacobs, OR



Arlender Jones, TN



Russell & Amanda
McCann, CA



Danyll & Andrew
McIntyre, CA



Denise Mead, OR

NEW EXECUTIVE DIRECTORS *continued*



Jean & Gail Miller, OR



Donna Nager, PA



Teresa Rodden, OR



Linda & Robert Ross, WA



Bahiga Scherer, WA



David & Shirley
Sileven, TX



Lori & Robert Speers, CA



Dr. William & Sharon
Wilson, CA

Also achieving NATIONAL Director status

Dirk & Sheri Werhane, OR Dr. Mark Oldendorf, NY

Also achieving REGIONAL Director status

Yvette & Stuart Breyfogle, CO	Dr. Michael Genco, NY	K'Lynn Larson, OR	Angela Parker, WA
Rebecca Case, UT	Randy Gray & Theresa Valinotti, CA	Tammy & Michael Mathews, OR	Dr. Nicholas & Carol Pennings, NY
Linda & Michael Cross, NY	Theresa Klausner, NY	Margaret McGrath, CA	Laura Smith, MO
Dawn Dougal, ID	Cliff & Helena Krapp, GA	Kimberly & Eric Motto, OR	Dr. Carol Kavanaugh Tye & Ross Tye, CA
Dr. Kais Faddah, WA		Bridgett Norris, TX	

Also achieving EXECUTIVE Director status

Kristen Abele, OR	Margaret Fisher, CO	Susan Merman, NY	Tami Wilson, WA
Diane Archer, AK	Karen Fitzpatrick, FL	Robert & Ruth Milhoan, OH	Dr. Jane Zivalich, FL
Ciro Attardo, NY	Jessica Frank, CA	Renee Mize, CA	Carol Hammonds, TX
Sherryll Bagga, CA	Dr. Victor Genchi, FL	Kimberly Moore, KY	Viviana & Johanthan Hunt, CA
Jeffrey Batori, NJ	Dr. Bonnie Glassman, NY	Tonja & Ned Noretto, OR	Pamela Hyde, OK
Dr. Brent Bell, ID	Berit & Jeffery Grandi, OR	Elena Oldendorf, NY	Dr. Brenda Izen, MO
Dr. James & Geri Biskup, NE	Kelley Gross, FL	Marcy & Edgar Pinilla, OR	Daniel & Linda Kenison, WA
Christy Blouin, WA	Susan Haddox, TX	Debbie Possehl, GA	Dr. Arthur Klein, NY
Helen Brady, NY	Tracie & David Halter, CO	Gerald Preator, OR	Dr. Andrea Kreithen, NY
Christopher Butterfield, ID	Julie Hammer, NV	Kathy Reaney, LA	Dr. Cheryl Leonardi, MD
Cheryl & Justin Cappon, NY	Nancy Haring, OR	Alex Reethof, GA	Sheri Lima, CA
Brenda Caseday, OR	Dr. Terry Harmon, KY	Karen Reeves, GA	Allyson Neefus, NY
Barbara Chaudhary, WA	Vance Harris, CA	Brian Renfrow, OR	Joe Negrette, CA
Denise & David Cinney, NY	Jennifer Harris, WA	Lorraine Rico, AZ	Thomas Oyler, CA
Lorraine & Michael Clarno, OR	Dr. Darryl Hein, CA	Dr. Joseph Russo, NY	Kellyann Palazzolo, NY
Therese & Thaddeus Collins, OR	Angela Hill, OK	Dr. Gary Safter, NJ	Angela Parker, WA
Brenda Courser, WA	Ron & Karen Holdaway, TN	Alan Schaffer, NY	Beverly Parkhurst, OR
Dr. Frank Cricchio, NY	Beth Journeay, TX	Janet Schlotter, PA	Sabrina Potter, UT
Peggy Crowell, TX	Kim Kelly, ID	Dr. Ari Soffer, FL	Dr. Walter Priestley, NY
Dawn Davis, NY	Dr. Eric Klausner, NY	Teri Spaulding, WA	Dr. Lokesh Reddy, NY
Kimberly Decouto, CA	Diane Kobrynovicz, TX	Jude Starks, CO	Randall Ricketts, CA
Karissa & David Dishon, OR	Dr. John Lemon, VA	Elizabeth Swan, MD	Vitina Ruffino, NY
Dr. Eric Dohner, NY	Diego & Lynn Lezcano, NJ	Cindy Sybrowsky, CA	Dr. Douglas Swede, PA
Miya Drew, OR	Barbara Martignetti, NY	Debra Thomson, ID	Susan Telesmanic, NJ
Noreen Eaton, CA	Dr. Wendy Martin, CA	Bonni Tierney, OR	Morris Washington, NJ
Dr. Cris Eaton-Welsh, GA	Laura Martin, NY	Taressa Visor-Moon, TX	Ruth Wieland, KY
Shelley Edwards, WA	Lisa McCarthy, NY	Linda Watkins, WA	
Rick Fincher, TX	Dr. Susan Meram, CA	Kristen Werhane, OR	

NEW RANK ACHIEVERS

June 2008 - September 2008



Director

Susan Booher, OR
Dr. William Davis, KS
Alegria Dinglasan, NJ
Diane Elliot, IL
Debbie Fogle, OH
Roy Fruiterman, NY
Gretchen Harvey, NH
Dr. Stacey Hein, CA
Stacy Kelley, AL
Dr. Richard Matteo, NY
Jodi McCain, WY
Dr. Brian Nadolne, GA
Katina Palas, MD
Luanne Richardson, CA
Donald & Janet Roy, LA
Mae & Kay Rudd, OR
Bruce Silber, NY
Eric Stofman, NJ
Marti Walker, UT
Donald Weltzin, OR

Bryce Kennedy, WA
Laura Kessler, NH
Dr. Cheryl Langley, GA
Dr. Christopher Lawrence, TX
Vivian Linder, CA
Robert Lyons, FL
Dr. Elizabeth Lyster, CA
Gaylene & Willis Martin, OR
Diana Mattix, NC
Heidi & Mike Neuffer, OR
Susan Palace, GA
Dr. Anil Patel, FL
Teresa & George Powell, GA
Dr. Sally Ann Rex, PA
Michelle Richardson, ID
Margaret & Hector Rivera, GA
Melissa Rogina, PA
Dr. Jeffrey Rosen, IL
Dr. Eric Runte, CA
Dr. Gavin Setzen, NY
Kristi Sjodin, OR
Kathy Smi, NY
Lily Stanfield, OR
Eddie Swartz, GA
Judy Terry, NY
Brenda Turner, AK
Diana & Gregory Vanorman, OR
Lynda Waldron, FL

Russell Collins, ID
Melissa Cook, WA
Lisa Crowell, FL
Patrick & Gayle Edwards, OR
Paul & Gloria Emmert, AZ
Fred Feldstein, NY
Deborah Fernsler, PA
Dr. Walter Flesner, Iii, FL
Dr. Catherine Frank, FL
Cheryl Genchi, FL
Rochelle Giardina, AZ
Marika Gibson, LA
Marina Golfo, NY
Becky Gonzalez-Campoy, MN
Dr. David Green, NY
Steve Hall, OR
Debbie Harkness, LA
Cheryl Harvey, CA
Roberta & Richard Helsel, TX
Rhonda Hough, NY
Darren Jacobs, WA
Dr. Marc Kaprow, FL
Dr. David Kaseman, NY
Dr. Richard Kaye, TX
John Kazilionis, ME
Sharyll Keller, NY
Dr. Susan Kirchdoerffer, DE
Deanna Knighten, IN
Dana Knuuti, FL
Dr. Siobhan Kuhar, NY
Janet Maher, GA
Deborah & Leroy Martin, FL
Ronnie & Valori Martin, OR
Tanya Maximoff, NJ
Kevin & Judith McCarthy, FL
Debbie McDougal, TX
Tammy McGill, OR
Cecilia McLean, MD
Dr. Arsenio Mestre, FL
Julie Morrill, CA
Nancy Mundell, ID
Brian Muscato, NY
Connie Nelson, FL
Michael O'Bradovic, OH
Linda Ohta, OR
Dr. Gregory Oliver, IN
Danielle Ontiveros, TN
Gladys Palomeno, CA
Wendy Potter, CA
Sherry Powell, CA
Carol Pratt, OR
Patricia Rakis, CA
Daiquiri Rankin, CA
Lori Rector Cavanagh, NY
Jon Rook, IN
Heather Sandoval, TX
Cindy Saville, TX
Melody Shepherd, OR
Lori Shook, NC
Lesha Shows, CA
Debra Siglin, ID
Pamela Smith, GA
Dr. Misty Smith, NM

Matthew Swager, CO
Loretta Symm, TX
Caroline Timms, SC
Ronald Tjaden, OR
Georgia & Edward Tompkins, AK
Patsi Toney, OR
Paula Tousa, NY
John & Drake Traudt, NY
Linda Vilas, CA
Rhoda Waiss, FL
John & Misti Walker, OR
Lisa Whaley, GA
Sheila Wright, SD
Melissa & David Zwick, OH

Senior



Advisor

Trevor & Dara Abell, OR
Debra Ackerly, NC
Charles Adams, GA
Carol Adams, OR
Karen Adams, OR
Adetutu Adetona, NY
Dr. Ayesha Akbar, IL
Rachelle Alexander, CA
Pam Allen, AK
Allison Althausser, GA
Rochelle Amigo, NY
Lee Anderson, IA
Cherill Anderson, FL
Deirdre Angelastro, NY
Betty Antonio-Andrews, FL
Jessica Aragona, NY
Harriet Arthur, GA
Julie Austin, CA
Cj Barber, CA
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Janet Baron, FL
Tonie Basulto, AZ
Cynthia Beach, OR
Dr. Richard & Susan Bechert, AL
Dr. Eric Becking, MO
Dr. Tim Benner, AZ
Diane Bentley, GA
Jeri Benton, OR
Misty Berber, ID
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Ellen Beutel, CA

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Director

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Cheryl Ball, MO
Steve & Karen Booth, AK
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Carl Deprado, NY
Sarah Dietrich, TX
Kimberly Donat, ID
Leta Faulk, TX
Michelle Fields, NY
Ruth & Al Fogel, OR
Lisa Garfield, OR
Julia Havey, MO
Barbara Hill, NY
Linda Hurt, TX
Kyle Jackson, OR



Manager

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Dr. Rotem Amir, FL
Jackie Andruss, WA
Tom & Deborah Angell, FL
Dr. Christine Antoldi, NY
Dr. William Anyaegbunam, NY
Dr. Marc Arnel, NY
Dr. Sara Badano, FL
Melynda Barnett, GA
Susan Bashynski, WI
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Amy Brandt, OR
Stephanie Brown, OH
Tamra Burkhart, OH
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Angela & Michael Campbell, CT
Sue Carroll, AZ

NEW RANK ACHIEVERS

June 2008 - September 2008 *continued*

Rhonda Bickel, CO
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Mark Birnbaum, CA
Ellen Bloome, PA
Karen Boatwright, WV
Todd Bogos, NJ
Norma Bojorquez, AZ
Vicky Bonner, MS
Katrina Borland, OR
Cheryl Bostwick, MD
Jacqueline Bourque, LA
Sally Bozarth, OR
Nancy Breen, OR
Dr. Gary Brodeur, RI
Elida & Tim Brooks, OR
Dr. Barry Broomberg, CA
Jennifer Brown, OR
Rochelle Brown, MI
Dr. Julia Bruce, CO
Christina Brueggemann, NY
Adrienne Bruemmer, MO
Kathy Bryan, ID
Denise Bryan, MI
Sharon Buckman, KY
Timberel Burke, NC
Joy & Jim Calkins, WA
Jeff Cammann, ID
Michelle Cantara, NJ
Zaida Carstens, CA
Dr. Jacqueline Castagno, GA
Lisa Catagnus-Hiryak, PA
David Catania, NY
Troy Cate, ID
Suresh Chandani, NY
Blanche Chapman, ID
Dr. Raymond Chow &
Dr. Brian Brady, NY
Katherine Cinney, NY
Terri Claggett, OK
Randolph Clare, Jr., Washington, DC
Colleen Clark, CA
Dena Clevidence, KY
Jack & Susan Clubb, WA
Priscilla Cobb, GA
Dr. Yale Cohen, FL
Lisa Coker, LA
Leon Colburn, OR
Terry & Sheri Cole, ID
Cindi Coleman, OR
Sandy Coleman, OR
Anne Collins, NJ
John Composto, NY
Pam Conklin, NY
Dr. Patrick Contino, FL
Luis Coronado, OR
Marc Coronel, CT
Eileen Coulston, AZ
Karen Coward, FL
Mayla Crawford, OK
Laura Cruz, OR
Danielle & Rob Daniel, CA
Kathy & Thomas Dannatt, CO
Jennifer Daugherty, PA

Mahesh Dave, TX
Carol Davis, OR
Jean Deasy, MO
Michael Del Biondo, NY
Bice Delgado, NJ
Dr. Lehi Demas, ID
Dr. Jeffrey Desarbo, NY
Doug & Renee Devoe, NY
Dr. Maureen Doherty-Walsh, FL
Kelly & Paul Dovel, ID
Dr. Yvonne Duffe, FL
Laura Dunlap, FL
Belinda Dure-Smith, CA
Dr. Jim Eaton, GA
Karen Edwards, CA
Dr. Jim Elkins, AR
Yousef Elyaman, FL
Terri Esposito, IL
Tina Evans, CO
Dorothy Falke, CA
Sandra Farish, GA
Clemence Farraj, CA
Sheldon Feaster, GA
Dr. Jennifer Fichera, FL
Sonya Fisher, OR
Laura Fisk, NY
Peggy Ford, OR
Jean & Amy Ford, MD
David Fowler, FL
Dawn Joy & Timothy Fox, OR
Karen Fragano, NY
Linda Francese, CT
Judy & R. Marshall Frost, CA
Troy & Laura Garrett, OR
Dr. David Garrison, PA
Joyce Gartman, TX
Jack Garvin, OR
Amber Gath, IN
Joi Gehron, OH
Susan Gibbons, NY
Dr. Elyse Glazer, FL
Derak Glover, CA
Tanya & Russell Goeins, FL
Tom Goldman, NY
Betty Gomes, CA
Colleen Goodall, MA
Helen Gordon, NC
Cherrie Gray, UT
Michael Greenblatt, NY
Jody Greenfield, NY
Bud Gregorcic, FL
Thomas Grimes, OR
Anjul Grover, CA
Sandra Hancock, WA
Kenneth Hansraj, NY
Dr. Toni Harris, NC
Tonja Harvey, CA
Teresa Haselmann, MN
Jan & Michael Craig Hatfield, FL
David Hecht, NY
Cynthia Heffron, IL
Dr. Glenn Helton, TX
Andrew Heyman, MI

Georgie Holton, OR
Sonja Hubley, CA
Darren Hunter, PA
Lenora Hunter, NJ
June Huston, CA
Kimberly Intlekofer, MD
Dennis Jagdmann &
Dr. Sharon Otis, FL
Jayme Jamieson, WA
Mary Jermyn, WA
Gina Johnson, CA
Lisa Johnstone, AK
Marilou Johnstone, AZ
Shannon Jones, TX
Linda Jones, OR
Angela & David Jones, CA
Bryan Joyce, OR
Luisa Kahdeman-Siracusa, CA
Dr. Barbara Kapuscinska, NY
Susan Kazi, IL
Kim Keene, ID
Dr. Shelly Kennedy, FL
Gloria Kessler, CA
Annie King, KY
Nancy Kodama, CA
Lori Koski, MN
Neva & Dale Kosmicki, TX
Jeffrey & Donna Koszczuk, WI
Dr. Steven Kouimanis, IN
Lauren Kralovec, OR
David Kreinberg, NJ
Bonnie Kubicki, WI
Subhash Kulkarni, NY
Dr. Jolene Kuty, AZ
Mitra Ladani, CA
Shellie Lambert, MD
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Elaine Laursen, ID
Erin Leach, OH
Dr. Kevin Lenderman, LA
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Tamera Lovely-Carroll, OR
Michelle Lowe, TX
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Sandra Machado, CA
Jeffrey Magee, WA
Stephanie Marsden, MO
Ryan Marshall, NJ
Jennifer Martino, FL
Dr. Kenneth Marvin, NY
Stan Mason, OR
Lorena Mast, IN
Robert Masto, TN
Lisa Mathews, OR
Doug & Rebecca Matz, OR
Robert Mayer, WA
Isabel McAdams, NY
Karen Mccaa, LA
Morris McCray, PA
Mike McDevitt, VA
Rebecca McFetridge, OR
Paul McLaughlin, GA
Iona Megas, NY
Maria Mendez, NY
Lynda & Brian Merritt, OR
Lois Meyer, ID
Lisa & Mark Miller, OR
Jenny Mooney, PA
Eileen Moore, CA
Crystal Morris, CA
Rudy Morris, OR
Dan Muha, OR
Cheffonny Muhlenburg, FL
Dr. Bonnie Murphy, FL
Jasmine Murphy, CA
Michael Napolitano, NY
Karen Nester, CA
John Neuerburg, TX
Debby Neuman, CA
Brandi Newman, OR
Timothy Nicholson, NY
Dr. Theodore Nowakiwskyj, NY
Darlene Nye, PA
Wendy Ogden, ID
Lynn O'Keefe, CA
Mary Ellen Pace, NY
Kelly Palma, NY
Sue Palmer, OH
Vince Patrick, OR
Jocelyn & Shawn Payne, OR
Jacqueline Pearson, GA
Charlene Petry, MN
Julie Piazza, NJ
Mia Pilkington, CA
Meri Pollak, NY
Dr. Brian Polner, FL
Donna Pond, UT
Donna Pontoriero, NJ
Carol Poslusny, FL
Bob Possehl, AL
David Powell, TX
Pam Pridmore, SC
Shannon Pruski, OR
Elisabeth Raimer, FL
Adam Ramos, MD
Dianna Ransom, ID
Kenn Rapczynski, IL
Dave Riccio, CA
Brenda Richards, GA
Andrea Riding, OR
John Riles, NJ
Julie Rodriguez, CA
Amy Rodriguez, NJ
Barbara Roessig, CO
Helen Roethig, ID
Tara Rolan, TX
Joseph Roman, NY
Peggy Rosenbaum, CA
William Ruiz-Vale, PR
Temistocles Rutili, IL
Frank & Maria Sammartano, NY

NEW RANK ACHIEVERS

June 2008 - September 2008 *continued*

Lauren Santarlasci, NY
Parmela Sawhney, CA
Dr. James Schantz, GA
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Pamela Sue Schlice, CA
Constance Schuh, CA
Gina Schumaker, AK
Shandi Scrivner, TX
Alana Seal, TX
Gerald Seguin, NH
Diane Sellazzo, NY
Dr. Paul Shashaty, NY
Pat Shelton, TX
Debra Sheridan, CA
Kari Siltanen, MN
Christine Simon, NV
Jared Simons, OR
Shelli Sissel, TX
Addobea Skiba, FL
Norman Skjelbreia, WA
Bonni & William Smith, FL
Chelsey Smith, WA

Michele Smith, CA
Gail Smith, MN
Linda Smith, FL
Lisa Smith, LA
Rebecca Smith, TX
Richard & Margaret Snider, CA
Courtaney Snippen, OR
Sean Sorenson, AK
Pamela Sperling, WA
Mary Spooner Danley, CA
Lori Lynn Staley, WA
Chris Steidinger, NY
Sharon Stewart, CA
Chris Stice, ID
Isabel Stills, OR
Norman Stoddard, ID
Patric Stubblefield, OR
Elizabeth Sturdon, OH
Darla Sturdy & Linda Correnti, OR
Mina Sun, NY
Sharon Tacker, LA
Joseph Tantillo, NY

Dr. Anne Marie Tardi, NY
Christine Taylor, CA
Maybelline Tayo, CA
Jared Thatcher, OR
Jonnie & Jason Thompson, CA
Michelle Thompson, OH
Marc & Amanda Thompson, NY
Cheryl Torres, FL
Jana Transue, OR
Aybars Uckun, NJ
Kathy Van Kirk, FL
Lynne Van Volkenburgh, OR
Crystal Vanek, OR
Barry & Robin Velthoen, CA
Jacqueline Villa, NJ
Maritta Visco, NJ
Connie Vonbergen, MT
Erika Wagner, OR
John & Christina Ward, NY
Terri Warren-Ervin, ID
Marcie Watson, OH
Sandi Weaver, OR

Cathy Weil, NY
Steve Weiss, IA
Dr. Edward Weller, MO
Loretta Werling, TX
Stacy Weyhmeller, OH
Bev Whipple, OR
Connie White, MO
Tamra & Jeff Wiedenmeyer, OR
Chris Williams, WA
Elizabeth Wilson, GA
Stephen Luke & Melissa Wilson, MI
Ann Wingate, NC
Kim Winsey, FL
Glo Winters, GA
Dr. Willo Wisotsky, NY
Kathi & James Woock, OR
Dr. John Woodward, NJ
Julie Yarnall, TX
Danny Yates, MS
Jill Youmans, SC
Yakima Young-Shields, CO
Shelley Zepeda, CA

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June 2008 - September 2008



Trevor & Dara Abell, OR
Rachelle Alexander, CA
Rotem Amir, FL
Wanda Anderson, AL
Deirdre Angelastro, NY
Christine Antoldi, NY
William Anyaegbunam, NY
Karen Armstrong, OH
Wendy Bageman, CA
Lisa Barendse-Estrada, OR
Janet Baron, FL
Houssan Baroudi, CA
Dr. Eric Becking, MO
Linda Beckmann, UT
Dr. Brent Bell, ID
Dr. Timothy Benner, AZ
Jeri Benton, OR

Todd Bogos, NJ
Susan Booher, OR
Steve & Karen Booth, AK
Jacqueline Bourque, LA
Adrienne Bruemmer, MO
Denise Bryan, MI
Paige Rene Bucy, OR
Timberel Burke, NC
Brenda Caetano, CA
Michelle Cantara, NJ
Justin Cappon, NY
Karen Carlson, OR
David Carpenter, TX
Sue Carroll, AZ
Lisa Catagnus-Hiryak, PA
Suresh Chandani, NY
Terri Claggett, OK
Lorraine Clarno, OR
Beverly Cleare, SC
Denise Cohen, NY
Dr. Yale Cohen, FL
Cindi Coleman, OR
Russell Collins, ID
John Composto, NY
Pam Conklin, NY
Melissa Cook, WA
Marc Coronel, CT
Brenda Courser, WA
Mayla Crawford, OK
Dr. Frank Cricchio, NY

Danielle & Rob Daniel, CA
Mahesh Dave, TX
Norene Dodson, OR
Kimberly Donat, ID
Noreen Eaton, CA
Daniel Eberhardt Jr., KY
Karen Edwards, CA
Shelley Edwards, WA
Patrick & Gayle Edwards, OR
Paul Emmert, AZ
Dorothy Falke, CA
Leta Faulk, TX
Micaele & Daniel Faustin, NY
Sheldon Feaster, GA
Deborah Fernsler, PA
Rick Fincher, TX
Karen Fragano, NY
Jessica Frank, CA
Roy Fruiterman, NY
Victor Garcia, CA
Joyce Gartman, TX
Jack Garvin, OR
Theresa Getzinger, OR
Marika Gibson, LA
Dr. Bonnie Glassman, NY
Dr. Elyse Glazer, FL
Marina Golfo, NY
Helen Gordon, NC
Berit & Jeffery Grandi, OR
Cherrie Gray, UT

Michael Greenblatt, NY
Susan Haddox, TX
Jason Hagemann, FL
Steve Hall, OR
Debbie Harkness, LA
Jennifer Harris, WA
Dr. Toni Harris, NC
Cynthia & Dennis Heffron, IL
Roberta Helsel, TX
Glenn Helton, TX
Sherri Hert, OR
Angela Hill, OK
Ron Holdaway, TN
Ruth Holland, FL
Lenora Hunter, NJ
Kimberly Intlekofer, MD
Rick Jackson, WA
Dennis Jagdmann &
Dr. Sharon Otis, FL
Mary Jermyn, WA
Linda Jones, OR
Beth Journeay, TX
Dr. Marc Kaprow, FL
John Kazilionis, ME
Sharyll Keller, NY
Stacy Kelley, AL
Cheryl Kelly, CA
Annie King, KY
Dr. Jolene Kuty, AZ
Mitra Ladani, CA

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June 2008 - September 2008 *continued*

Elaine Laursen, ID
Erin Leach, OH
John Lemon, VA
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Amber & Jeremy Lewis, CA
Michelle Lowe, TX
Robert Lyons, FL
Jeffrey & Dianna Magee, WA
Janet Maher, GA
Ryan Marshall, NJ
Laura Martin, NY
Lisa McCarthy, NY
Kevin & Judith Mccarthy, FL
Debbie McDougal, TX
Rebecca McFetridge, OR
Danyll McIntyre, CA
Lois Meyet, ID
Jenny Mooney, PA
Eileen Moore, CA
Dr. Todd & Ann Marie Motley, TN
Cheffonny Muhlenburg, FL
Nancy Mundell, ID
Brian Nadolne, GA
Connie Nelson, FL
Karen Nester, CA
Timothy Nicholson, NY
Linda Ohta, OR
Lynn O'Keefe, CA
Mary Ellen Pace, NY
Nelly Pacheco, OR
Susan Palace, GA
Sue Palmer, OH
Gladys Palomeno, CA
Lisa Parello, NJ
Judy Parker, CA
Vince Patrick, OR
Ernest Pease, OR
Nicholas & Carol Pennings, NY
Julie Piazza, NJ
Marcy & Edgar Pinilla, OR
Meri Pollak, NY
Dr. Brian Polner, FL
Bob Possehl, AL
David Powell, TX
Sherry Powell, CA
Pam Pridmore, SC
Katriina Radman, GA
Elisabeth Raimer, FL
Adam Ramos, MD
Alex Reethof, GA
Karen Reeves, GA
Dave Riccio, CA
John Riles, NJ
Amy Rodriguez, NJ
Melissa Rogina, PA
Peggy & Robert Rosenbaum, CA
Donald & Janet Roy, LA
Frank & Maria Sammartano, NY
Heather Sandoval, TX
Cindy Saville, TX
Parmela Sawhney, CA
Alan & Jacqueline Schaffer, NY

Bahiga Scherer, WA
Gina Schumaker, AK
Shandi Scrivner, TX
Alana Seal, TX
Dr. Gavin Setzen, NY
Stacey Sharick, IL
Bruce Silber, NY
Kristi Sjodin, OR
Addobea Skiba, FL
Norman Skjelbreia, WA
Laura Smith, MO
Lisa Smith, LA
Gail Marie Smith, MN
Bonni & William Smith, FL
Courtaney Snippen, OR
Gretchen Snyder, GA
Mary Spooner Danley, CA
Wally Standley, OR
Chris Steidinger, NC
Wendi Stephens, CA
Sharon Stewart, CA
Chris Stice, ID
Eddie Swartz, GA
Loretta Symm, TX
Sharon Tacker, LA
Dr. Anne Marie Tardi, NY
Maybelline Tayo, CA
Judy Terry, OR
Michelle Thompson, OH
Jonnie & Jason Thompson, CA
Marc & Amanda Thompson, NY
Sara Tierney, OR
Georgia & Edward Tompkins, AK
Patsi Toney, OR
Jana Transue, OR
Linda Vilas, CA
Jacqueline Villa, NJ
Taressa Visor-Moon, TX
Connie VonBergen, MT
John Walker, OR
Marti Walker, UT
Sandi Weaver, OR
Steve Weiss, IA
Don Weltzin, OR
Loretta Werling, TX
Barb Wheeler, OH
Beverly Whipple, OR
Chris Williams, WA
Luke Wilson, MI
Glo Winters, GA
Jamie Yamaguchi, CA
Jill Youmans, SC
Yakima Young-Shields, MO
Jessica Zeccardi, NY



Juan & Patricia Alvarez, MO
Dr. Wayne & Lori Andersen, MD
Lynda & Kenneth Anderson, OR
Moises Andrade, OR
Dr. William Anyaegbunam, NY
Diane Archer, AK
Dr. Steven & Laura Auerbach, NY
Sherryll Bagga, CA
Dr. Martin Basaldua, TX
Steven & Jennifer Berg, OR
Donna Betts, TX
Dr. James Bingham, ID
Joanne Breuer, WA
Yvette & Stuart Breyfogle, CO
Sherry Brown, OR
Penny Brown, OH
William Bryan, ID
Rebecca Case, UT
Lisa & Jaime Castro, OR
Peter & Carolyn Chalfant, FL
Barbara Chaudhary, WA
Dr. Cheryl Child, IA
Marcello Cirigliano, NJ
Randolph Clare, Jr., Washington, DC
Therese & Thaddeus Collins, OR
Ann & Michael Collins, ID
David Conklin, NY
Peggy Crowell, TX
Linda Dahl, OR
Lynette & David Day, CA
Kimberly Decouto, CA
Jennifer Dillon, FL
Alegria Dinglasan, NJ
Mary DiPalma, NY
Cindy Dobson, NY
Dr. Maureen Doherty-Walsh, FL
Dawn Dougal, ID
Miya Drew, OR
Shirley Duchi, CA
Noreen Eaton, CA
Dr. Kais Faddah, WA
Leta Faulk, TX
Laurie Fields, AZ
Kim & Joe Fiske, TN
Debbie Fogle, OH
Jean & Amy Ford, MD
Roy Fruiterman, NY
Linda Fry, CA

Jill Fusia, GA
Dale & Lavine Gardner, ID
Dr. Michael Genco, NY
Theresa Getzinger, OR
Dr. Michael & Tracey Giambertone, NY
Dr. Bonnie Glassman, NY
Ron & Chris Goelz, GA
Dr. Donna Goldstein, FL
Stephanie Golka, CA
Heidi & Jim Grant, CA
Elisabeth Grant-Gibson, LA
Randy Gray & Theresa Valinotti, VA
Carol Hammonds, TX
Charles Hardman, NY
Cheryl Harvey, CA
Julia Havey, MO
Roberta & Richard Helsel, TX
Dr. Todd Herold & Sandra Mejia, NY
Pamela Hyde, OK
Arlender Jones, TN
Diane & Mark Jones, CA
Thomas & Lindsey Kaulzarich, WA
Renee & Chris Kawcak, FL
Whitney Kell, CA
Freida & Edward Keller, LA
Stacy Kelley, AL
Daniel & Linda Kenison, WA
Tamara Klodzinski, FL
Dr. Kenneth Kochman, NY
Sandy Kralovec, OR
Jami & William Krietzman, OR
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Mary & Robert Lange, OR
Mary Jo Lee, OH
Angela Leonberg, OR
Elizabeth Moe & Tom Lewis, OR
Ysidore & Lauren Martinez, CA
Marian Massie, GA
Tammy & Michael Mathews, OR
Russell & Amanda McCann, CA
Kelly McClellan, TX
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Mike McDevitt, VA
Margaret McGrath, CA
Jere & Paul McGrew, CA
Renee McLaughlin, GA
Dennis & Joyce McManamon, ID
Denise Mead, OR
Mary Jane Medlock, TX
Ronald & Kathy Meland, OR
Jose Mendez & Wendy Bastardo, NY
David & Terri Miller, OR
Don & Ruth Miller, OR
Kimberly Moore, KY
Judy Moreno, CT
Christie Muehe, OR
Joan & Mark Mueller, NJ
Dan Muha, OR
Nancy Mundell, ID
Dr. Brian Nadolne, GA
Donna Nager, PA

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June 2008 - September 2008 *continued*

Joe Negrette, CA
Dr. Mark Nelson & Margaret Van Houten, NY
Bridgett Norris, TX
Kelli Northcraft, OR
Lynn O'Keefe, CA
Dr. Mark Oldendorf, NY
Danielle Ontiveros, TN
Laura Pagello, CT
Angela Parker, WA
Rian Patrick, OR
Wid Payne, OR
Dr. Joseph & Rhonda Pecoraro, FL
Ranie & Glenn Phillips, FL
Susan Piazza & Michael Patrick, OR
John Pittman, NC
Dr. Eric Plasker, GA
Diane & Dr. Jim Porter, TX
Debbie Possehl, GA
Mindy Potter, UT
Gerald Preator, OR
Dr. Walter Priestley, NY
Daiquiri Rankin, CA
Kathy Reaney, LA
Rita Regan, NY
Brenda Richards, GA
Kelly Rife, PA
Margaret & Hector Rivera, GA
Lawrence Rogina, PA
Michelle & Korey Rosvold, WA
Kim & Brandon Ruby, CA
Gina Ruby, CA
Mae & Kay Rudd, OR
Gloria Rudd, UT
Denise Ryan, CA
Paula Ryan, NY
Brenda Sammy, FL
Renee & Joe Schmidt, NY
Cheri & Duane Severson, CA
Melody Shepherd, OR
Deanna & Dan Shively, OR
Lori Shook, NC
Pamela Smith, MI
Dr. Ari Soffer, FL
Delane Solana, FL
Pat & Stan Staude, MO
Anjela Stellato & Cory Coate, OR
Eric Stofman, NJ
Kristine Sunden, NJ
Eddie Swartz, GA
Susan Telesmanic, NJ
Bonni Tierney, OR
Cheryl Tooke, MI
Dr. Carol Kavanaugh Tye & Ross Tye, CA
Dr. Daniel Van Zandt, NY
Julie Vanbelle & Patty Pangburn, OR
Carrie & Sven Vanrenterghem, OR
Taressa Visor-Moon, TX
Lynda Waldron, FL
Kristen Werhane, OR

Patrick Werhane, OR
Janet Whitfield, AK
Maureen Wright, NJ
Corinne Zeccardi, NY
Jeanne Zimet, FL

Rolling Consistency



\$250

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Carolyn Aegerter, OR
Rocky Aker, FL
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Dr. Buddy Allen & Dr. Eddie Arnold, ID
John Alt, NJ
Sandra Anderson, CA
Shelley Anderson, OR
Jackie Andruss, WA
Dr. Marc Arnel, NY
Yuko Babcock, NY
Teresa Bagby, IA
Cheryl Ball, MO
Alla Batishchev, FL
Jeffrey Batori, NJ
Evelyn Bennier, OR
Ellen Bloome, PA
Dr. Jodi Bolsenbroek, NY
Susan Booher, OR
Amy Brandt, OR
Stephanie Brown, OH
Penny Brown, OH
William Bubenicek & Amy Cutter, NY
Jonathan Buettner, ID
Tamra Burkhart, OH
Angela & Michael Campbell, CT
Rebecca Case, UT
Robert Casteen, TX
Dr. Dominic Cirigliano, NY
Christine Cogbill, CA
Ann & Michael Collins, ID
Joann Cooper, NY
Lani & Ronald Copp, FL
Timothy Cox, OR
Ellen Coyne, NY
Thomasina Crock, OH
Steven Cruset, OH
Jacque & Thomas Darragh, TX
Tina & Richard Davis, WA

Dr. William Davis, KS
Lynette & David Day, CA
Kimberly Decouto, CA
William De Forrest, OR
Susan & Scott Dehne, OR
Athena Delmontie, NC
Joseph Diemert, AL
Sarah Dietrich, TX
Alegria Dinglasan, NJ
Dr. Phil Dolcimascolo, CT
Miya Drew, OR
Shirley Duchi, CA
Judy Dufresne, OR
Diane Elliot, IL
Kathleen Ferguson, CT
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Susan Fiske-Awbrey, CA
Ruth & Al Fogel, OR
Glenn & Dawn Freiboth, IL
Delia Garcia, MO
Lisa Garfield, OR
Dr. Michael Genco, NY
Rochelle Giardina, AZ
Dr. David Green, NY
Mariel Hale, MO
James Hanson, OR
Shannon Harvey, VT
Julia Havey, MO
Roberta & Richard Helsel, TX
Michael Hennessy, FL
Dr. Michael Henze, ID
Barbara Hill, NY
Susana & Larry Hoffman, GA
Ruth Holland, FL
Linda Hurt, TX
Dr. Blaine Jackson, CA
Kyle Jackson, OR
Dr. Bradley Jahn, PA
Diane Johnson, CA
Dr. David Kaseman, NY
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Laura Kessler, NH
Janice & Paul Kingery, WA
Stuart Kipper, CA
Tamara Klodzinski, FL
Laura Knowles, CA
Diane Kobrynowicz, TX
Cherie Komarov, FL
Karen & Edwin Krueger, CA
Peter Lambrou, CA
Cheryl Landry, NY
Julie Lange, OR
Mary Jo Lee, OH
Angela Leonberg, OR
Carol Lewis, FL
Vivian Linder, CA
Rebecca Lueckenhoff, MO
Robert Lyons, FL
Dr. Elizabeth Lyster, CA
Carol Ann Malizia-Caporriano & Douglas Caporriano, NJ

Dr. Dale Marcum, OR
Dr. Eric Markson, FL
Barbara Martignetti, NY
Dr. Wendy Martin, CA
Gaylene & Willis Martin, OR
Deo Martinez, CA
Marian Massie, GA
Jon Matteo, NY
Diana Mattix, NC
Tanya Maximoff, NJ
Tricha McManus, LA
Tracy McMillan, WA
Denise Mead, OR
Virginia Melendez, NJ
Michael & Lillian Mercado, FL
Susan Merman, NY
Robert & Ruth Milhoan, OH
Don & Ruth Miller, OR
Karen Miserandino, MD
Kimberly Moore, KY
Rebecca & Charles Morley, FL
Christie Muehe, OR
Isabelle Muller-Gupta & Rajendra Gupta, CA
Brian Muscato, NY
Donna Nager, PA
Joe Negrette, CA
Heidi & Mike Neuffer, OR
Tonja & Ned Noretto, OR
Bridgett Norris, TX
Michael O'Bradovic, OH
Laura Pagello, CT
Susan Palace, GA
Manisha Patel, TN
Sneha Patel, OR
Barbara Peck, NY
John Petek, WI
Dr. Warren Peters, CA
Katie Pittenger, MD
Dr. Calin Pop, FL
Cindy Porter, OR
Sabrina Potter, UT
Teresa & George Powell, GA
Carol Pratt, OR
Cheryl & Michael Rainey, OR
Karen & Leonard Ratcliff, MO
Gregory Rex, CA
Missy Riehl, IN
Margaret & Hector Rivera, GA
Fran Roake, WA
Teresa Rodden, OR
Susan Rodrigues, NV
Melissa Rogina, PA
Jon Roock, IN
Dr. Jeffrey Rosen, IL
Linda & Robert Ross, WA
Kim & Brandon Ruby, CA
Mary Ryder, NJ
Heather Sandoval, TX
Robert & Betty Scrivner, MO
Dr. Gavin Setzen, NY
John Shaw, OR

HEALTH COACH BONUS ACHIEVERS

June 2008 - September 2008 *continued*

Rolling Consistency



\$500

Valray Sherer, OR
Lori Shook, NC
Lesa Shows, CA
Bruce Silber, NY
Shelli Sissel, TX
Nancy & Kent Skewes, OR
Kathy Smi, NY
Jan Smith, OR
Lori & Robert Speers, CA
Bill & Donna Stacy, FL
Jude Starks, CO
Roy Strickland, ID
Lorri Strong-Smith, CA
Matthew Swager, CO
Eddie Swartz, GA
Cindy Sybrowsky, CA
Thomas Tanner, NM
Dominic & Rita Tarinelli, NY
Suzanne Taurone, NY
Christopher Terry, FL
Judy Terry, NY
Leo Thatcher, OR
Becky & Brad Thompson, ID
Wanda & Rod Thompson, CA
Dr. Eric Tompkins, GA
Patsi Toney, OR
Saundra Toor, CA
Kim & Steve Trehwella, OR
Frank Trudo, NJ
Dr. Dave Tryggstad, CO
Dr. Michael Tyler, TX
Diana & Gregory Vanorman, OR
Larry Vareberg, MN
Linda Vilas, CA
Chiara Villalobos, CA
Christine Volnick, NY
Michele Volpe, NY
Mary Wahab, NJ
John & Misti Walker, OR
Naomi Wallace, MA
Betty Watts, WA
Keith & Toni Webb, FL
Donald Weltzin, OR
Sharon & Marvin Whitney, WA
Kristin Wickstrom, MN
Ruth Wieland, KY
Catherine Wightman &
Jose Connors, OH
Jolene Williamson, OH
Dr. Judith Wilson, CA
Dr. William & Sharon Wilson, CA
Sheila Wright, SD
Melissa & David Zwick, OH

Kristen Abele, OR
Dr. Maryann Alessio, NJ
Pat Alfarone, NY
Susan Allen, MO
Nancy Amodeo, NY
Lynda & Kenneth Anderson, OR
Wanda Anderson, AL
Angela Arnett, ID
Cheryl Atchley, OH
Sherryll Bagga, CA
Linda Beckmann, UT
Dr. Daniel Beeson, OR
Dan Bell, GA
Herbert & Marguerite Betts, FL
Eric & Joy Blanchard, CO
Trudy Blossom, UT
Darlene Booth-Bell, SC
Diane & James Scott Braden, OH
Helen Brady, NY
Penny Brown, OH
William Bubenicek &
Amy Cutter, NY
Jonathan Buettner, ID
Chantell & Steve Bunker, OR
Melissa Burton, OR
Christopher Butterfield, ID
Rebecca Case, UT
Brenda Caseday, OR
Dr. Cheryl Child, IA
Denise & David Cinney, NY
Lorraine & Michael Clarno, OR
Christine Cogbill, CA
Dr. Randy Cohen, PA
Ann & Michael Collins, ID
Therese & Thaddeus Collins, OR
Kari Coon, AK
Peggy Crowell, TX
Dawn Davis, NY
Beverly Day, OR
Athena Delmontie, NC
Alegria Dinglasan, NJ
Karissa & David Dishon, OR
Dr. Eric Dohner, NY
Dr. Phil Dolcimascolo, CT
Miya Drew, OR
Cindy Drollinger, WA
Shirley Duchi, CA

Judy Dufresne, OR
Melinda Dye, OR
Shelley Edwards, WA
Dr. Shad England, IA
Kathleen Ferguson, CT
Rick Fincher, TX
Dr. Craig Fishel, NY
Margaret Fisher, CO
Susan Fiske-Awbrey, CA
Karen Fitzpatrick, FL
Jessica Frank, CA
Roy Fruiterman, NY
Dale & Lavine Gardner, ID
Marianne Garrett, ID
Lisa Gentile, NY
Dr. Michael & Tracey Giambertone, NY
Robin Gintner, OR
Ron & Chris Goelz, GA
Dr. Donna Goldstein, FL
Darrell Lynn Grace, OH
Kelley Gross, FL
Tracie & David Halter, CO
Carol Hammonds, TX
Dr. Terry Harmon, KY
Jennifer Harris, WA
Julia Havey, MO
Stacey Hein, CA
Diane Hood, GA
Dr. Wade Huey & Rebecca Crowley-Huey, TX
Sharon Hughes, NJ
Viviana & Johanthan Hunt, CA
Pamela Hyde, OK
Heather Jacobs, OR
Arlander Jones, TN
Jeffrey & Sandra Jordan, NY
John & Esther Kai, OR
Whitney Kell, CA
Stacy Kelley, AL
Kim Kelly, ID
Kipp & Rhonda Kennedy, WA
Laura Kessler, NH
Eric Klausner, NY
Tamara Klodzinski, FL
Sandy Kralovec, OR
liff & Helena Krapp, GA
Peggy & Dennis Kucera, OR
Peter Lambrou, CA
Mary & Robert Lange, OR
Dr. John Lemon, VA
Dr. Cheryl Leonardi, MD
Diego & Lynn Lezcano, NJ
Dr. William Linacre, NY
Daniel Malmin, OR
Dr. Eric Markson, FL
Dr. Wendy Martin, CA
Laura Martin, NY
Dr. Richard Matteo, NY
Diana & Mike McClelland, CA
Margaret McGrath, CA
Danyll & Andrew McIntyre, CA
Renee McLaughlin, GA

Denise Mead, OR
Susan Merman, NY
David & Terri Miller, OR
Renee & Lloyd Mize, CA
Kimberly Moore, KY
Denise Moreau, FL
Kirsten Mortenson, AZ
Joan & Mark Mueller, NJ
Alfonse Muto, NY
Dr. Brian Nadolne, GA
Donna Nager, CA
Elena Oldendorf, NY
Laura Pagello, CT
Katina Palas, MD
KellyAnn Palazzolo, NY
Cheryl & Phillip Parker, CA
Margaret Patterson, OR
Nick Peloso, NJ
Shantelle Peltier, WA
Terry & Nancy Pettit, WA
Gerald Preator, OR
Karen Reeves, GA
Dr. Robert Reiss, NY
Brian Renfrow, OR
Oreta Richardson, MD
LuAnne Richardson, CA
Lorraine Rico, AZ
Andrea Riklin, CA
Fran Roake, WA
Donald & Janet Roy, LA
Mae & Kay Rudd, OR
Elisabeth Sanchez, CA
Dr. Simon & Marina Scalia, MD
Bahiga Scherer, WA
Janet Schlotter, PA
Debra Scott, WA
Kathy Smi, NY
Pamela Smith, MI
Gary Spainhower, CA
Jude Starks, CO
Phillip Strambler, MD
Elizabeth Swan, MD
Dr. Douglas Swede & Kristina Harrison, PA
Cindy Sybrowsky, CA
Linda Taylor, DE
Susan Telesmanic, NJ
Dr. Paul Thaxton, GA
Sandy Thompson, WA
Bonni Tierney, OR
Cheryl Tonnous, OH
Frank Trudo, NJ
Dr. Daniel Van Zandt, NY
Chiara Villalobos, CA
Taressa Visor-Moon, TX
Brigitte Willse, OR
Martha Wilson, OR

HEALTH COACH BONUS ACHIEVERS

June 2008 - September 2008 *continued*

Rolling Consistency



\$1000

Juan & Patricia Alvarez, MO
Dr. Wayne & Lori Andersen, MD
Jane & Jim Anderson, OR
Dr. Steven & Laura Auerbach, NY
Dr. Martin Basaldua, TX
Lana & Vitaly Batishev, CA
Dr. Daniel Beeson, OR
Marika & Conrad Bell, OR
Steven & Jennifer Berg, OR
Donna Betts, TX
Ruth & Robert Betts, FL
James & Geri Biskup, NE
Susan & Joseph Blair, CA
Eric & Joy Blanchard, CO
Kimberly & Patrick Blanquie, OR
Leann Boyd, LA
Elise Braaten, FL
Janet Brandenburg, PA
Don Brekke, ID
Joanne Breuer, WA
Yvette & Stuart Breyfogle, CO
Sherry Brown, OR
William Bryan, ID
Chantell & Steve Bunker, OR
Dallas Carter, HI
Jyoti Castiglia, NY
Lisa & Jaime Castro, OR
Dr. Cheryl Child, IA
Denise & David Cinney, NY
Dr. Scott Corliss, CO
Winfred Cowgill, NJ
Dr. Frank Cricchio, NY
Kelly Critser, OR
Linda & Michael Cross, NY
Linda Dahl, OR
Doni & John Davison, NC
Dr. Mary DiDio, NY
Jennifer Dillon, FL
Mary DiPalma, NY
Karissa & David Dishon, OR
Dr. Jean-Claude Doornick, NY
Dawn Dougal, ID
Mary Lou Dreher & Dr. Robert Hamby, CT
Noreen Eaton, CA
Leanne Edwards, OR
Dr. Kais Faddah, WA
Robin Felch, NH

Laurie Fields, AZ
Betty Filkins, NY
Kim & Joe Fiske, TN
Heidi & Dr. Blaine Fowler, CA
Linda Fry, CA
Dale & Lavine Gardner, ID
Marianne Garrett, ID
Dr. Donna Goldstein, FL
Stephanie Golka, CA
Linda & William Graff, CA
Heidi & Jim Grant, CA
Elisabeth Grant-Gibson, LA
Randy Gray & Theresa Valinotti, CA
Christine Haas, VA
Nancy Haring, OR
Dr. Vance Harris, CA
Arlen & Mary Hart, AZ
Margaret & Ken Hartman, FL
Judith & Theodore Hasse, OR
Cynthia Hasselbach, ID
Dr. Darryl Hein, CA
Bobbie Hennessy, NC
Dr. Todd Herold & Sandra Mejia, NY
Edna Hochstetler, IN
Linda & Dr. Craig Hoffman, GA
Ron & Karen Holdaway, TN
Becky Hora, MD
Dr. Brenda Izen, MO
Diane & Mark Jones, CA
Beth Journeay, TX
John & Esther Kai, OR
Renee & Chris Kawcak, FL
Whitney Kell, CA
Freida & Edward Keller, LA
David & Dorothy Kelly, OR
Daniel & Linda Kenison, WA
Kipp & Rhonda Kennedy, WA
Theresa Klausner, NY
Dr. Arthur Klein, NY
Dr. Kenneth Kochman, NY
Dr. Andrea Kreithen, FL
Jami & William Krietzman, OR
Melissa Lake, AZ
Angela Leonberg, OR
Elizabeth Moe & Tom Lewis, OR
Sheri Lima, CA
Christopher Locatelli & Maria Spiering, OR
Diana Lyon-loftus, PA
Carol Ann Malizia-Caporrino & Douglas Caporrino, NJ
Daniel Malmin, OR
Philip Mandel, OR
Dr. Brad Manny, AZ
Norman & Kathy Martin, OR
Ysidore & Laureen Martinez, CA
Ricky & Paula Martino, NY
Tammy & Michael Mathews, OR
Russell & Amanda McCann, CA
Lisa McCarthy, NY
Kelly McClellan, TX

Diana & Mike McClelland, CA
Jere & Paul McGrew, CA
Renee McLaughlin, GA
Dennis & Joyce McManamon, ID
Mary Jane Medlock, TX
Ronald & Kathy Meland, OR
Jose Mendez & Wendy Bastardo, NY
Dr. Richard Meoli, NY
Dr. Susan Meram, CA
Don & Ruth Miller, OR
Mary Miller, IN
Susan & Mike Milligan, OH
Kimberly & Eric Motto, OR
Dustin Neefus, NY
Allyson Neefus, NY
Dr. Mark Nelson & Margaret Van Houten, NY
Melissa & John Niece, OR
Jessica O'brien, NY
Dr. Catherine O'Connell, FL
Dr. Mark Oldendorf, NY
Angela Parker, WA
Beverly Parkhurst, OR
Dr. Joseph & Rhonda Pecoraro, FL
Nicholas & Carol Pennings, NY
Dr. Warren & Jeanne Peters, CA
Tim Pettit, OR
Robert & Jeanette Petty, WA
Lynn Phelps, VA
Ranie & Glenn Phillips, FL
Susan Piazza & Michael Patrick, OR
Diane & Dr. Jim Porter, TX
Dr. Walter Priestley, NY
Kathy Reaney, LA
Lokesh & Diane Reddy, NY
Alex Reethof, GA
Rita Regan, NY
Oreta Richardson, MD
Randall Ricketts, CA
Kelly Rife, PA
Joseph Rizzo, TX
Lawrence Rogina, PA
Jan & Marlene Rosenberg, NJ
Michelle & Korey Rosvold, WA
Gina Ruby, CA
Gloria Rudd, UT
Vitina Ruffino, NY
Denise Ryan, CA
Paula Ryan, NY
Brenda Sammy, FL
Alan & Jacqueline Schaffer, NY
Renee & Joe Schmidt, NY
Tereasa & John Schweinsberg, OR
John Scrivano, CA
Cheri & Duane Severson, CA
John Shaw, OR
Deanna & Dan Shively, OR
Connie Smith, GA
Laura Smith, MO
Delane Solana, FL
Linda Spangle, CO

Pat & Stan Staude, MO
Anjela Stellato & Cory Coate, OR
Chemae Stevens, OR
Kristine Sunden, NJ
Cheryl Tonnous, OH
Cheryl Turner, MI
Craig & Janet Turner, OR
Dr. Carol Kavanaugh Tye & Ross Tye, CA
Julie Vanbelle & Patty Pangburn, OR
Carrie & Sven Vanrenterghem, OR
Janet Whitfield, AK
Ruth Wieland, KY
Brigitte Willse, OR
Dr. Christina Winsey-Rudd & Jill Greber, FL
Shannon Wollam, NV
Dr. Jane Zivalich, FL

Names in italics indicate multiple bonus achievements.



CERTIFIED HEALTH COACHES

June 2008 - September 2008

Carolyn Aegerter, OR
Shelley Anderson, OR
Tom Angell, FL
Gail Anglin, OR
Diane Archer, AK
Laura Auerbach, NY
Wendy Bageman, CA
Sherryll Bagga, CA
Jeffrey Batori, NJ
Steven Beale, ID
Debbie Beasley, TN
Susan Beckert, AL
Linda Beckmann, UT
Amy Bennett, OH
Evelyn Bennier, OR
Geri Biskup, NE
Mary Bjorneby, WA
Christy Blouin, WA
Susan Booher, OR
Katrina Borland, OR
Sally Bozarth, OR
Nancy Breen, OR
Rochelle Brown, MI
William Bubenicek, NY
Joan Buckler, FL
Tanina Calabrese, TX
Sara Canright, FL
Justin Cappon, NY
Justin Cappon, NY
Richard Carl, FL
Karen Carlson, OR
Cindy Carlton, WA
Barbara Chaudhary, WA
Deanna Christensen, VA
Katherine Cinney, NY
Portia Clare, DC
Randolph Clare, Jr., DC
Lorraine Clarno, OR
Jack Clubb, WA
Leon Colburn, OR
Eileen Coulston, AZ
Linda Craven, OR
Laura Cruz, OR
Tina Davis, WA
Beverly Day, OR

Lynette Day, CA
Kathy DeSarbo, NY
Norene Dodson, OR
Kimberly Donat, ID
Daniel Eberhardt Jr., KY
Karen Edwards, CA
Drema Elkins, OH
Paul Emmert, AZ
Cathy Featherston, TX
Rebie Flannery, FL
Jean Flynn, FL
Zebedee Fortman II, MO
Dawn Joy Fox, OR
Linda Francese, CT
Judy Frost, CA
Jack Garvin, OR
Cheryl Genchi, FL
Theresa Getzinger, OR
Thomas Grimes, OR
Anjul Grover, CA
Susan Haddox, TX
Nancy Haring, OR
Jennifer Harris, WA
Arlen & Mary Hart, AZ
Teresa Haselmann, MN
Michael Craig Hatfield, FL
Michael Craig Hatfield, FL
Roberta Helsel, TX
Edward Henson, CA
Barbara Hill, NY
Ron Holdaway, TN
Ruth Holland, FL
Diane Hood, GA
Rhonda Hough, NY
Linda Hurt, TX
Dr. Bradley Jahn, PA
Beth Journeay, TX
Dale Jundt, FL
Freida & Edward Keller, LA
Stacy Kelley, AL
Daniel Kenison, WA
Bryce Kennedy, WA
Theresa Kenny, NY
Delores Kermode, FL
Mike King, FL

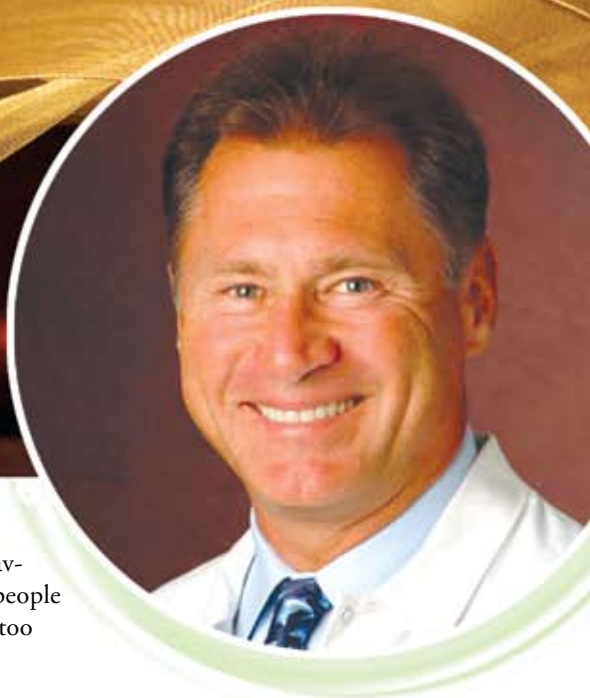
Theresa Klausner, NY
Eric Klausner, NY
Diane Kobrynowicz, TX
Lori Koski, MN
Neva Kosmicki, TX
Dr. Andrea Kreithen, FL
Shellie Lambert, MD
Mary Lange, OR
K'Lynn Larson, OR
Mary Jo Lee, OH
Diego Lezcano, NJ
Dr. William Linacre, NY
George Liston, PA
Vera Lobkov, CA
Raymond Lopez, NV
Robert Lyons, FL
Jennifer Mangione, OR
Tammy Mathews, OR
Dr. Richard Matteo, NY
Doug Matz, OR
Kevin McBride, CA
Lisa McCarthy, NY
Kelly McClellan, TX
Mike McClelland, CA
S. Jeanne McClung, GA
Danyll McIntyre, CA
Dr. Richard Meoli, NY
Lynda Merritt, OR
Lisa Miller, OR
Jean Miller, OR
Anita Mockry, KS
Eileen Moore, CA
Cheffonny Muhlenburg, FL
Carol Mulder, OR
Nancy Mundell, ID
Allyson Neefus, NY
Sabrina Newland, ID
Bridgett Norris, TX
Linda Ohta, OR
Manisha Patel, TN
Bene Paul, ID
Diane Porter, TX
Lori Portugal, WA
Carol Poslusny, FL
George Powell, GA

Pam Pridmore, SC
David Rampolla, MD
Cohen Randy, PA
Dr. Lokesh Reddy, NY
Margaret Rivera, GA
Teresa Rodden, OR
Helen Roethig, ID
Vickie Rosales, OR
Michelle Rosvold, WA
Maggie Roth, OR
Mae Rudd, OR
Janet Schlotter, PA
Constance Schuh, CA
Stacey Sharick, IL
Debra Sheridan, CA
Dr. Robert Shire, NY
Shirley Sileven, TX
Christine Simon, NV
Kristi Sjodin, OR
Laura Smith, MO
Richard Snider, CA
Lori Speers, CA
Suzanne Sullivan, CA
Elizabeth Swan, MD
Collins Therese, OR
Debra Thomson, ID
Kellie Thorne, WA
Sara Tierney, OR
Bonni Tierney, OR
Patsi Toney, OR
Cheryl Torres, FL
Bruce Turner, OR
Brenda Turner, AK
Dr. Carol Kavanaugh Tye, VA
Susan Tye, WA
Charles Ulrey, ID
Frank Villanova, NY
John Walker, OR
Don Weltzin, OR
Greg Westerveld, NJ
Connie White, MO
Luke Wilson, MI
Kim Winsey, FL
Mandy Young, MD

Congratulations to all!

Using you and our bio-network to get America healthy

By Dr. Wayne Scott Andersen *Medical Director and Co-founder of Take Shape For Life*



As a Health Coach, do you realize the unique value of what you offer your Clients? Clinical and commercial coaches can be expensive and do not offer the personal experience that you have gained, or your willingness to offer a permanent relationship. Most important, you are helping to create your Client's personal leptogenic environment, and his or her connection to our powerful bio-network—at no additional cost!

This power was validated in a recent study published in the *New England Journal of Medicine*. The July 26, 2007 issue featured an editorial called “The Spread of Obesity in a Large Social Network over 32 Years.” Researchers followed an interconnected network of over 12,000 subjects and determined conclusively that people who associate with overweight people become obese themselves—even if they're not geographically close.

The upshot according to the study? Through modifying someone's social structure, we can harness obesity by


spreading positive health behaviors—or, by associating with people who are healthy and thin, we too can develop those attributes.

In fact, the above study is describing a group of individuals who are placing themselves in an unhealthy environment and practicing “habits of disease.” Conversely, the idea of healthy people collectively working together is intriguing. The concept of having a positive support system has recently become more recognized by experts around the world as a potential solution to our obesity epidemic.

Inga Treitler, one of the leading cultural anthropologists of our time, recently evaluated a group of individuals who had mastered successful weight loss by losing at least sixty pounds and then keeping it off for at least five years. Although they had lost weight in many different ways, these long-term success stories had one thing in common—they had all changed how they lived, which Treitler describes as a “rite of passage.” For some, this meant

leaving their old jobs to become coaches, teachers, and mentors. In essence, they went from being passive to active participants in their own lives.

This observation solidifies what all of us already know. Becoming a Health Coach is the next logical extension for your Clients as they realize the power, purpose, and incredible amount of fun and satisfaction you are enjoying as a Health Coach.

Working together and staying connected through an environment that inspires and creates long-term success, is an incredible way to create a lifetime of personal health and fulfillment. 



Freida & Ed Keller

For Frieda Keller, the journey to Optimal Health began with one question from her sister, Pat Staude.

Frieda has been a registered nurse for 29 years, and has struggled with her weight her entire life. She lives in southern Louisiana, a place known for its fun-loving Cajuns and great food. Frieda acknowledges that she was living at an unhealthy weight and was a prime candidate for serious health problems. Her family was also worried about her—most notably, Pat.

In June 2007, Pat, a Certified Take Shape For Life Health Coach, called Frieda. They met and Pat explained how Take Shape For Life could change Frieda's life.

“Of course, I came up with all the usual excuses,” Frieda recalls. “It costs too much and I don't have that kind of money. I won't like the food. I don't have the time.”



Pat & Stan Staude

At that point, Pat asked her little sister, “Then what is your health worth?”

Quite a gutsy question, especially considering that Frieda is the family nurse. Frieda says that the meeting with her sister had her thinking in ways she hadn't before. But what really hit home was Pat's next question:

“Why are you taking our time with you away from us?”

Frieda says she understood that her unhealthy weight was going to shorten her life, but she had never before thought about how it was going to take her away from her children and the rest of her family.

She began the weight-loss phase of Take Shape For Life on July 3, 2007, and in 15 weeks, she lost 65 pounds. She says she had more


Client Freida Keller and Health Coach Pat Staude

energy than she had in years, and her cholesterol dropped from 254 to 167 in just seven months. She even started exercising.

She was not the only one to notice a difference. Her colleagues at the hospital started to inquire about her weight loss.

“I was inundated with questions. I was walking proof that this program works,” says Frieda, “and that is when I decided that these friends and co-workers needed me to be a Take Shape For Life Health Coach.”

Frieda (along with her husband, Ed) is now a National Director. Together, they want to help as many people as possible become healthy and live the Trilogy. Pat says she knows Frieda and Ed will be Presidential Directors in the near future.

It looks like Frieda will be around for her family awhile yet! 

“I was inundated with questions. I was walking proof that this program works...”



Kelly Rife

The Right Time

At what point does a Health Coach become a Business Coach? When your dreams become bigger than you are. When you come to a place where you realize the potential you have to help people, something clicks, and you understand how much more is possible with a team, and you discover that the adage “Success is 5% technique and 95% passion” is so very true.

Two skills that are vital to your mission are being able to actively listen and to effectively question. You need to turn off your inner preconceptions and hear what people really want and need, and most important, why they want to make a change. Usually, when someone makes a life change, it is because something has happened, or something is about to happen. As you identify this vital info, you will build rapport.

Remember, we have the right plan, the right product, the right partner (Medifast), the right business model, and the right support. A good Business Coach finds the right matches

between people who want a change, need a change, and are passionate, teachable, and coachable. They search out the people who are ready for change and who recognize that now is definitely THE RIGHT TIME!

Business Coaches use their skills. They are plugged in to all the amazing support available through our company. They have learned the path from their coach and leaders, as well as every avenue of learning and training TSFL has to offer. The Blueprint for Success is their direct road. You know the ones: You see them at Super Saturdays; you see them at National Convention. You know they are on the support calls every week. They keep themselves accountable to their purpose and they ignite abilities in others to do

“When you come to a place where you realize the potential you have to help people...”

the same. This is truly the key to being able to design your life around what matters most, and taking the first step to reclaiming your life.

Gratitude seems such a small word for my appreciation to Take Shape For Life. When we are young, we learn how to follow the leader. I have made the commitment to follow TSFL, Susan and Mike Milligan, Dan Bell, and the Andersens. Get your drum, stomp your feet, raise your voice, and others will follow!



Jane & Jim Anderson



Questions and answers

Becoming a leader is becoming a part of creative solutions, serving a higher calling, and getting the chance to leave a legacy. Here's what it takes.

Q. What are the key qualities that you look for in a leader?

A. A Business Leader certainly must be a great Health Coach and Business Coach. This takes integrity in the following areas:

- Physical – a healthy BMI of 24, or having that as their goal
- Personal – being true to their word and taking responsibility for their actions
- Financial – being perfectly honest and fair in all business dealings
- Spiritual – having passion, heart, and the desire to serve others (PHD).

Q. At what point is an individual ready to become a Business Leader?

A. When a teachable and coachable person reaches the rank of National Director and achieves the following:

- Competence in the Trilogy, which leads to confident knowledge of what we offer
- A solid base of personally acquired Clients
- Personal sponsorship of Health Coaches
- An ability to balance and shift to focus on building and supporting a team.

Q. And what is the work necessary to become a Business Leader?

A. Remember, with great power comes great responsibility.

- Stretching yourself out of your comfort zone
- Discovering creative ways to approach people
- Listening and learning the ways that others approach
- Staying plugged in to the weekly business and support calls

- Continually growing in personal development and enrichment
- Walking the talk by obtaining and maintaining Optimal Health
- Working with mentors (those who came before you) on how to grow and build a successful team
- Attending Super Saturdays, the National Convention, and Sundance, and getting your team there, too.

Q. What is the role of our Business Leaders in our mission to get America healthy?

A. This is, of course, our ultimate purpose as Dr. Andersen defines it, and again, it comes with great responsibility:

- Having the utmost integrity
- Protecting our structure by following policies and procedures
- A strong sense of “doing it right”
- Assisting others in finding the “champion” within themselves
- Advocating for Americans by being involved in creating changes at the legislative level.



Dr. Jean-Claude Doornick



As a Health Professional, I have dedicated my life to helping America achieve Optimal Health. The core principle of my specialty, Chiropractic, is that a body with little to no interference is a body that has the best chance of expressing health.

After more than ten years of blood, sweat, and tears, I found myself with a beautiful practice, but the world hadn't changed and I was overweight. I would perform chiropractic adjustment and expect the results would hold. Of course they didn't hold; two-thirds of my patients were overweight, and so was I.

After losing 50 pounds in three months and recapturing my health, I learned that the underlying structure for implementing my good intentions was wrong. As the author Robert Fritz explains it, I was "trying to get into town in a rocking chair!"

I realized that health is only interesting to people who know what it is and believe it's possible. People

need to get a taste of the good life before they ask for more. Once I figured this out, I had to share Take Shape For Life with other practitioners, not for the business growth, but to ensure all their patients the chance for health. With the Take Shape For Life Program in place in my office, I began to practice with congruity and yield better results overnight. With the knowledge of what this program was capable of doing, my colleagues and friends all embraced it.

I no longer limit myself to just practicing Chiropractic. Now I practice Trilology and give people what they want and need. With Take Shape For Life, I have the underlying structure to attract the population into my world and educate them with the "teachable moment."

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I am forever thankful to the leaders of this organization for enabling me to serve the masses and practice my craft for the right reasons. With my newfound financial freedom, I only practice three days a week and do it for the right reasons. Working alongside Trilologists like Dr. Mark Nelson provides me with faith that we will win this war against obesity.

The level of success you can achieve as a Health Coach is truly immeasurable if you are in it for the right reason: To get America healthy!

A new year – a new goal: **DOMINICAN ADVENTURE 2010**

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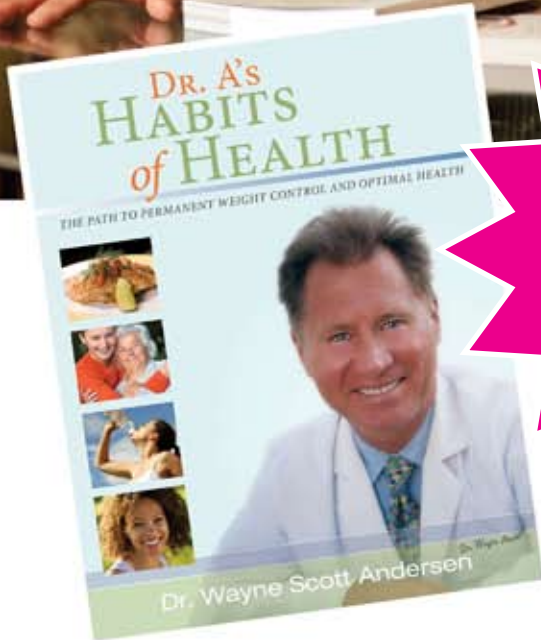
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Become Executive Director by structure NOW so you're better prepared to maintain your qualifying rank throughout 2009...and get ready to join us in Punta Cana for the TSFL time of your life!

A Web site dedicated to this great trip is forthcoming, and will contain all qualification details, so stay tuned!



Take Shape For Life co-founders Dr. Wayne Scott Andersen and Brad T. MacDonald



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Order yours now, and plan to make 2009 your healthiest year yet!