

Suffolk County Councillor swims the English Channel twice using Herbalife health and nutrition products



Above and right: Paul swims the English Channel (England to France) on Tuesday July 10, 2007 in 13 Hours 52 Minutes.

Suffolk County Councillor Paul Hopfensperger, known as 'Hoffy' to his friends, first started using Herbalife products in April 1987. *"I saw a bumper sticker on the back of a car saying 'Lose Weight Now Ask Me How' and asked about the products" said Paul. "Colin Hiles, from Ware in Hertfordshire was visiting friends, and before I knew it I was signed up as a distributor and using the products every day. The first year was like a whirlwind, and I visited my first Supervisor Workshop with Mark Hughes and Jim Rohn in Chicago, USA, my first ever visit to the USA. I then qualified for the second ever International Presidents Workshop in Los Angeles, USA in January 1988. I have used Herbalife Products ever since, and the philosophies learnt then I still use in my every day work environment today."*

In May 2006 Hoffy's wife became the Mayor of Bury St Edmunds, and they decided to try and raise £50,000 for CLIC Sargent a children's Cancer Charity and St. Nicholas' Hospice in Bury St Edmunds. Having been a competitive swimmer in his youth, he decided to try and swim the English Channel which was one of his lifelong ambitions.

"Every morning before my training, I had one Herbalife Formula 1 Shake, 1 x Formula 2, 1 x Schizandra plus, 1 x Tang Kuei and 1 x Male Factor 1000. I then took the tablets again every evening. This gave my body good nutrition and helped me gain the weight I needed to sustain water temperatures of only 11-15 Degrees Centigrade for hours on end."

"On July 10, 2007 I became only the 873rd person in history to swim the English Channel, and I firmly believe that my Herbalife nutritional supplements helped me complete the arduous 32 mile swim" said Paul.

The experience and vitality the products gave Paul, rekindled his swimming career. At the age of 45 he represented England in the FINA Open Water World Cup Grand Prix series in Serbia and Mexico as well as becoming the first person in the history of the British Long Distance Swimming Association's 52 year history to win a 'Senior' event when he was in fact a 'Veteran' (over 45).

Not satisfied with this, he became only the 84th person in history to swim the English Channel more than once when he completed his second crossing on September 11-12, 2008 in 13 hours and 3 minutes – 49 minutes faster than his 2007 swim!

"Thank you Herbalife for helping to make my dreams come true". Paul Hopfensperger, December 2008.



Above: Hoffy with his wife Beccy who was the Mayor of Bury St. Edmunds, Suffolk in 2006 to 2007.

For Further information contact Paul on 07887 711333 or visit www.HoffySwims.com