

DYNAMIC WEIDER *BodyShaper*



When you make the commitment to change your body, to change your level of health or to change your lifestyle, getting information on proper nutrition or finding products that make the same commitment to your new lifestyle can be difficult, frustrating and time consuming.

The Weider BodyShaper Line consists of products that have been designed to initiate the transformation to a leaner, stronger and healthier body. All of these products support a low carbohydrate lifestyle or a low glycemic lifestyle and when used in conjunction with a reasonable diet and exercise program, help you achieve your health and fitness goals.

