

# H3@Home COACHING

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## Sally Foss Colocho UPDATE

*as of December 14, 2011*

So here's the update. I have lost 55 pounds and am enjoying my new size 6 clothing! Haven't bought new breeches yet, so my riding pants make me look like a shar-pei puppy from behind (but I'm not complaining!) Enrico (husband) has lost about 25 pounds and we are both feeling great. We've been doing a lot of advertising for you guys since everyone has been asking what happened to us... you may see a surge of customers from Huntsville in the future. Last time I checked, our assistant had us scheduled to plan a refresher trip back to H3 late in the spring. We'll see what the schedule looks like then. Tell everyone hello for us!



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*Hilton Head Health*



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