

# 2000 Body Transformation Contest Winner



*January 18, 2000*

*187 lbs - 17.6% body fat*

*April 7, 2000*

*159 lbs - 11.2% body fat*



## *Steve Snowden*

*Lost 28 lbs*

*Lost 6.4% body fat*

*Lost 7.5 inches from waist*