



# WCL ROCKSTARS

Who's AMP-ed to see 2023's lineup  
of winners, live in this Summer Issue?  
Specially featuring folks...no, FAMILY  
from all Clean EatZ communities!  
Guys, 80-plus nationwide!!



**DWAYNE POER**  
HOOVER, AL



**TABITHA KELLEY**  
MOBILE, AL



**PHISHER RITTER**  
GLENDALE, AZ



**ANYA THOMEN**  
ST. PETERSBURG, FL



**ASHLEY MAXWELL**  
TALLAHASSEE, FL



**CYNTHIA DAILEY**  
WINTER GARDEN, FL



**ROB NIELSON**  
ATHENS, GA



**MATTHEW WATSON**  
AUGUSTA, GA



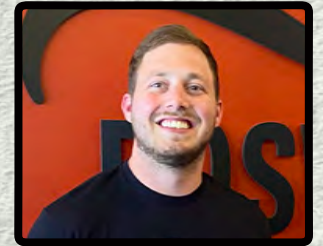
**TAMMY SIMS**  
COLUMBUS, GA



**ALEXANDER LEE**  
NORCROSS, GA



**CHRISTINA BRYANT**  
PEACHTREE CITY, GA



**JOSH EDWARDS**  
ROSWELL, GA



**DEBBIE WAINES**  
DENVER PARK HILL, CO



**AMY NICHOLS**  
JOHNSTOWN, CO



**JODI MATTERN**  
JACKSONVILLE, FL



**SELENA WILLIAMS**  
SANDY SPRINGS, GA



**BILL KORBECKI**  
ALGONQUIN, IL



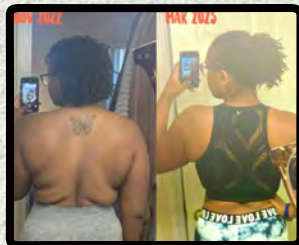
**RICK KNIGHT**  
EDWARDSVILLE, IL



**AARON HOWARD**  
PENSACOLA, FL



**JEREMY BOWERSOX**  
PORT ORANGE, FL



**KIA DUPREE**  
SHALIMAR, FL



**MICHELLE & CLINT WHITE**  
ORLAND PARK, IL



**ALEX TEE  
DYER, IN**



**ASHLEY GROMSKI**  
FISHERS, IN



**KIM HARDING**  
FORT WAYNE, IN



**JUDY SHACKLETON**  
LOUISVILLE, KY



**AMANDA VALENTINE**  
NEWPORT, KY



**JERRI-RAE PHILLIPS**  
GOLDSBORO, NC



**BRANDAN WILSON**  
GREENVILLE, NC



**LAUREN SIZEMORE**  
GREENSBORO, NC



**JEREMY THOMPKINS**  
FARMINGTON HILLS, MI



**AMY REICH**  
GRAND RAPIDS, MI



**KRISTEL JOHNSON**  
TROY, MI



**RACHEL ARNETT**  
JACKSONVILLE, NC



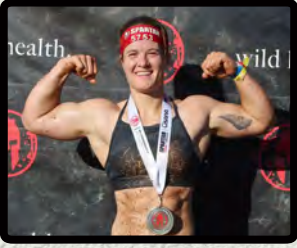
**ZACH & CAITLYN MONROE**  
MOORESVILLE, NC



**KIMBERLEY STOVER**  
RALEIGH, NC



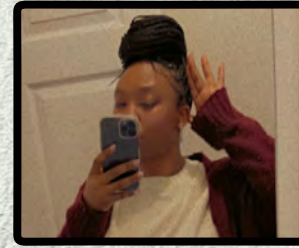
**ASHLEY DEROY**  
ST. LOUIS, MO



**MADALYN DAVIS**  
ASHEVILLE, NC



**KENNY WEST**  
BOONE, NC



**PETRICE CADDELL**  
SOUTHERN PINES, NC



**LANECE COLLINS ZIELONKA**  
WILMINGTON, NC



**JAMIE WILSON**  
WINSTON-SALEM, NC



**JUSTIN HEMKER**  
CARY, NC



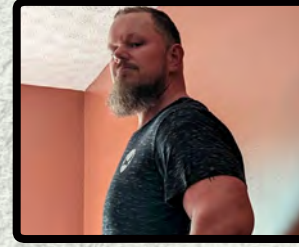
**JOSEPH SHERBINO**  
CHARLOTTE, NC - AYRSLEY



**RYAN COLBY**  
CHARLOTTE, NC - SOUTHEND



**CLARISSA MELVIN**  
CANTON, OH



**CHAD STEVENS**  
COLUMBUS, OH



**KEVIN PRIMER**  
CUYAHOGA FALLS, OH



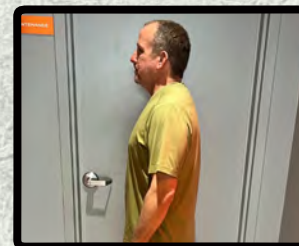
**KEVIN KOPPENAL**  
CORNELIUS, NC



**CHRISTINE MCMILLAN**  
DURHAM, NC



**ANTWON MOTTE**  
FAYETTEVILLE, NC



**DANIEL LUDWICK**  
DAYTON, OH



**JAMES CARSON**  
DUBLIN, OH



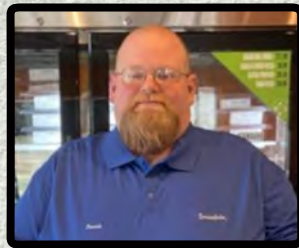
**ANDREA TINDELL**  
MENTOR, OH



**LINSDEY MONROE**  
NEW ALBANY, OH



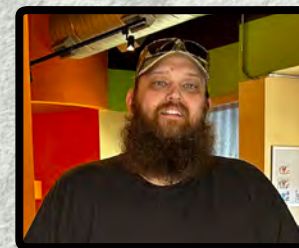
**BILL BOWLIN**  
WEST CHESTER, OH



**TRAVIS CLAUS**  
WESTLAKE, OH



**RC STABILE**  
NASHVILLE, TN



**COLIN DURHAM**  
MURFREESBORO, TN



**HOLLY WESTON**  
FLOWER MOUND, TX



**JIM RIMMEL**  
CRANBERRY TOWNSHIP, PA



**MICHAEL KEENER**  
FOX CHAPEL, PA



**JOSHUA PARRIS**  
LANCASTER, PA



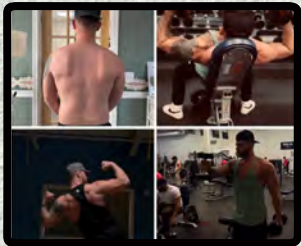
**JILL JOSCELYN**  
CHESAPEAKE, VA



**JENNIFER CHESTNUT**  
FREDERICKSBURG, VA



**JUSTIN ALLEN**  
NORFOLK, VA



**LOGAN CORMIER**  
READING, PA



**COURTNEY HUCKABY**  
GREENVILLE, SC



**RITA HICKMAN**  
FLORENCE, SC



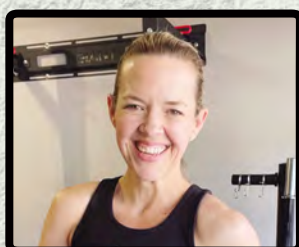
**KELLY BUCK**  
RICHMOND, VA



**DAN GRIMSLEY**  
VIRGINIA BEACH, VA



**THOMSON LESTER**  
MYRTLE BEACH, SC



**CORY HINES**  
NORTH CHARLESTON, SC



**MIKE MURPHY**  
CHATTANOOGA, TN



**CHRIS BROWN**  
KNOXVILLE, TN - FARRAGUT

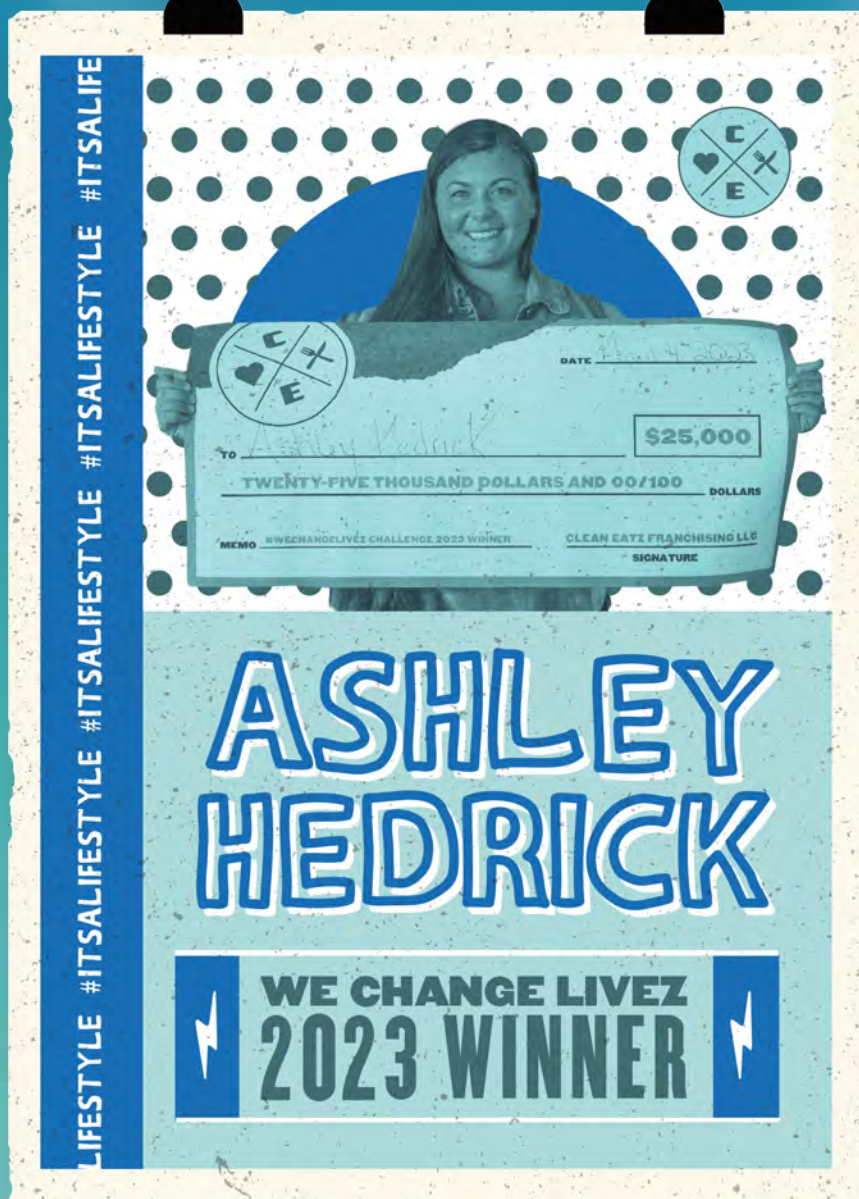



**MICHAEL HOLTZ**  
KNOXVILLE, TN - BEARDEN



**KYLA BROOKE**  
MARYVILLE, TN





GIVE THIS ICON A FOLLOW!  @ASHLEYFAITHFITNESS



Ashley's transformation during the We Change Livez Challenge is as if we wrote what a total mind, body and soul success story would look like in becoming the happiest, best version of herself!! Ashley has been a meal plan customer since September 2022 and started her health and fitness journey at that time. Once she heard about the Challenge, she was all in and ready to amp things up! She wanted to keep her Instagram private, so we told her to just message us her progress so we could cheer her on! A few weeks into the Challenge, she went public on Instagram. She even changed her handle from @ashleyhopehedrick to @ashleyfaithfitness! She shared her struggles and successes publicly every single day, tagging us and Clean EatZ Life. She is an active participant in the We Change Livez Facebook page and she follows many other Clean EatZ franchises on social media to keep motivated. Her confidence grew and her smile got bigger with every photo on her page. She's down 50 pounds since ordering her meals from us!

*"This is my first competition I've ever done. Even if I don't win, it's ok. I learned a lot, and I met so many great people on here who were rooting for me and holding me accountable. Clean EatZ brought a community of people together who want a more balanced life and who want to feel better."*

My "Why"...to be healthier ALL AROUND! I don't want food to control my life and I don't want to have food always on my mind. People think you should be confident before you lose weight, but I don't agree with that, because when I was heavier, I was having knee issues, I could barely walk without sweating a whole lot. I was so uncomfortable! Now that I have lost the weight I have gained confidence, and I believe it is because I am getting healthier not only physically, but it also did something mentally.

Another why, and I was debating about talking about this, is because my husband and I have been dealing with infertility issues the last four years. I want to be a healthy wife and a healthy mom.

It's been such a great experience, and I'm grateful for this Challenge. It's been motivating to see so many people go after it. I am thankful for the meal prep and for Clean EatZ Orlando for the encouragement!

