



Cycling for Service

Hernán Santiago/Gold International Diamond/Puerto Rico

Cycling has been an important part of Hernán Santiago's life for twenty years. "When I was 12 years old, I got involved with a local police athletic club," he commented. "They provided sports activities for youth during the summer and one time, it was cycling. What I love most about the sport is the challenge of doing it on a daily basis. Just like everyday life, sometimes you feel exhausted, but you always have to give it your best effort in order for your team to come out on top."

In fact, cycling got Hernán motivated about 4Life® in the first place. His friend Ranny Marrero (also a Gold International Diamond) introduced the products and opportunity to him. Hernán began taking 4Life Transfer Factor®, ReZoom®, and Rite Life® to support his overall wellness right before a cycling competition. Hernán experienced a wonderful boost of energy and actually won the race, establishing a new record for himself.

As a 4Life Distributor, Hernán is always on the lookout for ways to create more visibility for both his business and the company. Several months ago, he decided to put the Foundation 4Life logo on his jersey. With spectators, fellow racers, and volunteers seeing his jersey, he knew this would be a great way to bring more awareness about the foundation to Puerto Rico. It's already made a big impact—both in terms of people asking about the foundation, as well as for Hernán himself. "Every time I wear my jersey, people ask me about Foundation 4Life," Hernán said. "I'm always aware that I represent the children who benefit from the foundation. When I go through difficult stages during competing—fatigue, cramping, breathing difficulties—I try to push through those negative things and concentrate on the kids. They are the reason I keep going, even though my body hurts."

Hernán and his wife Yaceska Robles make their home in Dorado, Puerto Rico, with their three Shi Tzu dogs. In his spare time, Hernán loves to ride his bicycle!