

## 25-YEAR-OLD FEMALE DOWN 20LBS IN 5 MONTHS



**BEFORE MEASUREMENTS**

Weight: 175

Pant Size: 31



**AFTER MEASUREMENTS**

Weight: 155

Pant Size: 28

**METRICS:**

AGE: 25

HEIGHT: 5'5

**Q&A:**

**Q: WHAT WAS LIFE LIKE BEFORE STARTING THE F-FACTOR DIET?**

*A: Throughout my life, I have always wanted to lose weight. In college, I would fluctuate and I was never sustaining a healthy diet. After graduating, I lost a bunch of weight, but then I moved to NYC and started working. In the industry I'm in, all you do is eat, drink alcohol and eat some more. I worked out a lot so I really didn't think it was going to affect me, I was wrong. I gained a lot of weight, and weighed the most I have ever weighed. I would always try to be healthy but could never find a perfect balance of eating healthy and not feeling deprived. I was always tired and didn't feel healthy.*

**Q: HOW DID F-FACTOR HELP YOU LOSE WEIGHT?**

*A: I bought the book to understand what the difference between F-Factor versus every other diet out there. My friend (who told me about F-Factor) acted as my "Tanya" and we had check-ins every week. I followed the Instagram account, as well as Tanya's account to learn more recipes.*

**Q: WHAT DO YOU LIKE BEST ABOUT THE F-FACTOR PROGRAM?**

*A: I love how easy it is. It's my routine and once I started and saw results it was absolutely impossible to stop. I also think F-Factor is incredible because of the science behind it. It's important to understand your body and I didn't before reading the book. Once I read the benefits of fiber and how it affects your body in a positive way, it made SENSE as to how I can lose weight. I think the hardest thing for someone who is trying to stick to a diet is understanding how the diet is actually changing their body. However, F-Factor is easy to understand and completely makes sense. I'm full all the time and the fact that you don't cancel anything out ensures that you don't end up deprived and binge. Plus, there are so many recipes.*

**Q: WHAT'S YOUR LIFE LIKE NOW THAT YOU'RE LIVING THE F-FACTOR LIFESTYLE?**

*A: I'm truly so impressed with the way my body looks and feels. I know I had the potential and finally seeing myself transform into a healthier version of myself, I could not be more proud. I'm so much more confident, I feel healthier, I fit into smaller sizes, my skin is better, my hair is healthy, and I'm never groggy. The list of benefits really goes on and on. I stick to Step 1 as I'm still trying to lose a few more lbs, and I try to fit in some workouts for toning and stress relief purposes. It's just the best way to live and everyone should live like this!*