

31-YEAR-OLD DROPS 18 LBS AFTER HAVING BABY!



BEFORE MEASUREMENTS

Weight: 168
Pant Size: 8/10

AFTER MEASUREMENTS

Weight: 150
Pant Size: 6

METRICS:

AGE: 31

HEIGHT: 5'11

Q&A:

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

A: This answer is a little funny because my "before" is technically right after I had a baby. Before I got pregnant I worked out 5-6 times a week and had never dieted in my life. I had no knowledge about food and how it affected the body. I was a healthy person but was just maintaining my physique. After baby I struggled so much to lose the extra weight. I was eating as healthy as I knew how and nothing was changing.

Q: WHAT INSPIRED YOU TO MAKE A CHANGE?

A: I was tired of feeling blah and wanted to get back to my figure before I got pregnant. Something just clicked in my head. I felt so far from my true self and needed to make a change. I bought the book and read it twice. I also followed the F-factor Instagram, Tanya's Instagram, along with multiple F-factor nutritionists. I learned so much this way!

Q: HOW LONG HAVE YOU BEEN FOLLOWING THE F-FACTOR DIET/LIFESTYLE?

A: Since April 2018.

Q: WHAT DOES A TYPICAL DAY OF MEALS AND SNACKS LOOK LIKE FOR YOU?

A: I eat three meals a day, plus a snack around 4 or 5. I drink alcohol around 3-4 nights a week, usually a couple of glasses and then let myself have a good time on the weekends with a cocktail or two. I first decided to start F-Factor because I saw that you can drink wine during step one! As a new mom, cutting out alcohol was a no for me!

Q: WHAT ARE SOME OF THE BIGGEST CHANGES YOU'VE MADE TO YOUR DIET?

A: It's a complete change. I am now educated about how food affects my body. I simply can't eat the way I used to. Knowledge is power!

Q: DO YOU WORK OUT? IF SO, WHAT DOES YOUR WEEKLY EXERCISE SCHEDULE LOOK LIKE?

A: I work out 3-4 times per week. I take dance body classes and do BBG. All my workouts take place at home.

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

A: The fact that I never feel like I am on a diet. AND I can drink ;)

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

A: I feel great! I finally feel like I am in control of my body. I have never felt that before, even before I got pregnant.