

36-YEAR-OLD MALE DROPS 20 LBS IN 8 MONTHS!



BEFORE MEASUREMENTS

Weight: 175
Pant Size: 38

AFTER MEASUREMENTS

Weight: 155
Pant Size: 30

METRICS:

AGE: 36

HEIGHT: 5'8"

Q&A:

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

A: Before starting F-Factor I was highly focused on work without a balance of health, fitness and diet. My body and health as well as my energy levels and moods were average. Prior to starting the F-Factor diet my diet/exercise routines were not a major focus of my life or lifestyle.

Q: WHAT INSPIRED YOU TO MAKE A CHANGE?

A: I was highly inspired by Tanya & Anthony, the F-Factor diet and the comprehensive and thoughtful approach to diet, lifestyle and balance of fitness and health but still having a livable lifestyle. Between the Instagram, Blog, and books it was clear that this was an effective and manageable diet. I love the focus on Fiber and being full and not feeling as if I am restricting the food I desire.

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

A: In short, education, and inspiration. Two important parts of this process were understanding the right meals to eat and realizing that living a healthy lifestyle doesn't mean avoiding alcohol or a social event.

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

A: I dine out for many meals and drink 2-3 nights a week. I try to be thoughtful of my fiber intake as well as the foods I eat. I try to eat lean meats, chicken, fish, fruits, vegetables & F-Factor Protein.

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

A: The main focus of my physical training revolves around Brazilian Jujitsu. I train under Renzo Gracie & Luca Atalla 2-3 days per week. I do an additional 1-2 days a week of traditional gym workouts and try to squeeze in yoga 1 day per week. Normally, I'm working out about 5 days per week with 2 rest days.

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

A: I like that the F-Factor Diet provides me with a livable lifestyle that feels less like a diet and more like a sensible way of life.

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

A: My lifestyle feels much more balanced. I still spend time going out, drinking and enjoying time with friends, but I now am thoughtful of food and exercise and I am seeing very positive changes. I like having a plan for the food I will eat and how small daily changes are showing highly positive progress. I'm happy with the results and very thankful for Tanya working with me.