

22-YEAR-OLD FEMALE DOWN 33LBS IN 4 YEARS



BEFORE MEASUREMENTS

Weight: 164
Pant Size: 8



AFTER MEASUREMENTS

Weight: 131
Pant Size: 4

METRICS:

AGE: 22

HEIGHT: 5'6

Q&A:

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

A: As a senior in high school, I was not very confident in my body. I knew I wanted to lose weight, but did not know how to. I tried eating healthier, but was not very knowledgeable about nutrition so I went about it in all the wrong ways. I was always very athletic but just working out did not change anything. My mood did not change from how it normally is. My diet was lacking in fruits and vegetables, and I ate way more carbs than I should have.

Q: WHAT INSPIRED YOU TO MAKE A CHANGE?

A: Going to college was my turning point. I knew that I needed to learn how to eat before I was going to be on my own, otherwise I would have no idea how to keep my weight under control. My parents told me about F-Factor and scheduled an appointment for me.

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

A: I was a client of the private practice. I saw Tanya Zuckerbrot every week and followed the book while I was home, with my mom cooking recipes from the book.

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

A: I have been following The F-Factor lifestyle for four years now. I refer to it as a lifestyle rather than a diet because following F-Factor is, in fact, a lifestyle change. I do not think of myself being on a diet for the past four years. F-Factor taught me how to eat correctly, it taught me how to eat on a day-to-day basis that is both healthy and fulfilling.

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

A: My favorite part about The F-Factor program is that I don't feel restricted. I just graduated from college so eating out/unhealthy and drinking beer was very common. F-Factor let me go out with my friends for pizza or a burger when I wanted to, but was always there when I got back to help me feel healthy again or get back to a normal weight.

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

A: F-Factor has changed my life. I feel confident in my body again and know that I lost weight in the healthiest way possible. I also know that F-Factor will always be a part of my life. It is a very livable lifestyle that I am confident I will maintain for the rest of my life.