

## 21-YEAR-OLD FEMALE DOWN 40LBS IN 9 MONTHS



**BEFORE MEASUREMENTS**

Weight: 191  
Pant Size: 31



**AFTER MEASUREMENTS**

Weight: 151  
Pant Size: 27

**METRICS:**

AGE: 21

HEIGHT: 5'8

**Q&A:**

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

*A: Overall, I exercised almost every day. I didn't understand that living a healthy lifestyle meant not only going to workout classes, but also mindfully thinking about what I ate each day. I was active – yet not realizing that abs are made in the kitchen!*

**Q: WHAT INSPIRED YOU TO MAKE A CHANGE?**

*A: After freshman year of college, I looked in the mirror and I didn't recognize myself. I realized I had put on weight (the freshman 15 is real!). I saw myself in a picture and couldn't believe I looked that way!*

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

*A: After making a change but seeing little to progress in my weight & overall health, I found F-Factor on Instagram. I followed both the F-Factor page and Tanya, and purchased the book. I immediately began to see progress by living the F-Factor Way – and I felt even better than I had ever before.*

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

*A: I never realized the importance of fiber. I have incorporated GGs, more berries and fiber cereals into my diet. Also a small change of portion was a huge factor. Just because foods like avocados, olives & quinoa are “healthy” doesn't mean I should be eating them in infinite amounts. Same with acai bowls, I love them but they're loaded with sugars and fats!*

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

*A: I'm a college student and I can do F-Factor. It's affordable, easy to understand and I can still dine out with friends. I don't feel like I'm missing out on life while I'm “dieting” because I'm not – this is a lifestyle to me.*

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

*A: I feel better and I have more energy. Everyone keeps commenting how amazing I look and it makes me feel good. I'm feeling confident – old clothes are too big! I'm buying pants that would have fit me 6 years ago. I'm so thrilled for the F-Factor life I've been living.*