

40-YEAR-OLD FEMALE DOWN 17LBS IN 3.5 MONTHS



BEFORE MEASUREMENTS

Weight: 170
Pant Size: 30



AFTER MEASUREMENTS

Weight: 153
Pant Size: 28

METRICS:

AGE: 40

HEIGHT: 5'3

Q&A:

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

A: I'm a foodie and I think about food all day. I exercise 4-5 days a week but intake of food was high. I am an emotional eater and eat when happy, stressed and extra on celebrations or vacation. I also ate big portions and never stopped when full. I felt like I was the largest in my group of girlfriends and was frustrated when seeing myself in pictures.

Q: WHAT INSPIRED YOU TO MAKE A CHANGE?

A: I hit rock bottom and committed to weight loss as a New Year's resolution. My friend mentioned F-Factor one night at dinner. She is in amazing shape so I immediately looked up F-Factor. I was instantly hooked on Tanya and all of the amazing content on social media. The F-Factor App came out shortly after which was perfect for me. I got my copy of the new book and check Instagram all day for amazing recipes, food ideas and advice.

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

A: I eat a small snack of raspberries before I head to the gym in the morning, then after I have breakfast which is usually eggs and 4 GG crackers. For lunch, I have a big salad with protein. For an afternoon snack, I have GG Pizza or GG crackers with either 0% Greek yogurt or PB2. For dinner, I have a protein and cooked vegetables.

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

A: I love that I feel full all day and I know that I am making easy choices. I love that it is mostly plant based with smaller portions of lean protein. I love that it can easily be done on vacation or on-the-go, and that I can have alcohol and the occasional dessert and not go off track. It has really changed my life and appearance, and I can't wait to keep losing weight. I am excited to get on the scale and see positive results.

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

A: I feel so great on this plan. I am addicted to the Instagram info and stories—I love having the community. I feel so thin in my clothes. My husband is always complimenting me now on how narrow and lean I look. Clothes are fitting better and it's fun to buy new clothes. I know I will feel confident in a bathing suit this summer! I'm thinking about what meals I can make and how easy it is to incorporate on vacation and travel. I know I'm making great choices every day and my family supports me 100%. I'm obsessed with F-Factor! Thank you, Tanya, and your amazing team!