



“I had no idea what I was getting into when I signed up for the F.A.T. Method but knew my mind was made up that I needed to lose weight. On our first call, I was a bit skeptical but the camaraderie among the group was contagious and I was committed. I’m happy to say I followed through and **lost 19.6 pounds in eight weeks**, feel great, have more energy and finally fitting into all the cute clothes I have in my closet. Thank you Kevin for your guidance and I highly recommend this program to anyone **READY** to make a change. *UPDATE: I’ve continued with the F.A.T. Method and I’m now down 28.8 pounds.”

-Stephanie Hutchens

“**I lost 15.6 pounds (8% of my bodyweight)** and I’m very happy that I went through the 8 weeks. It was informative and opened my eyes to a method that is sustainable and beneficial in many ways. Its fired me up again on my overall health and I feel so much better. Much appreciated Kevin.”

-André Rodriguez

“I am by no means a “workout” guy. I consider myself athletic but never was into the gym or working out in any fashion. Getting older also made that desire worse. But needing to shed a few pounds I entered Kevin’s program with an open mind. I’m very glad I did. The workouts were not too long so it kept my interest, and the program absolutely works! **I lost about 10 lbs in the first week and a half**, and I am inspired to continue using the program to lose more and maintain my new weight. Best part is **NO** restrictions on what you can or can’t eat. You won’t be disappointed!”

-Mark Greenspan

“I lost 19.4 LBS! 16% of my bodyweight! Kevin encouraged me and supported me and at the same time taught me about his unique process of losing weight. I am grateful to have had the opportunity to gain valuable and applicable information about the benefits and proper, healthy ways that he uses that are very uncommon in today’s day and age. Your program is truly effective and I am looking at it as a lifestyle change not a quick fix:)”

-Lina Pitrelli

“I highly recommend the F.A.T. method program. **I lost 18 pounds** and gained muscle in 8 weeks and the best part was most people close to me had no idea I was doing anything special because I was still able to maintain my social obligations and busy schedule. I also learned so much from Kevin about easy, healthy habits that I can continue to incorporate to my lifestyle to continue to lose a little more!”

-Joel Macaluso

“The F.A.T. Method has become a whole new lifestyle change for me. Diets never worked for me and I always ended up cheating and becoming depressed and quitting very quickly. The F.A.T. Method allowed me to eat whatever I wanted and see results constantly. **Now doing it for 8 and 1/2 weeks I am down 20 lbs. and never felt better.** Ever since giving birth to my two children I have never felt as confident as I do today solely because of the F.A.T. Method. This will be something I continue to do for the rest of my life in order to maintain a healthy weight and lifestyle!”

-Mallorie Gilbride

“The F.A.T. program has been life changing. It is simple, flexible and most importantly effective. **My goal was to lose 10-12lbs which I met.** By the end of the 8 week program I had lost 10 pounds & have lost 2 more lbs. since. I just wore a pair of pants I haven’t worn in years! I enjoy not having to count calories & measure portions. I like being able to eat what my family’s eating as well as eating out. No food is off limits. The program has also changed my relationship with food for the better. Thanks Kevin!”

-Debbie Downs

“The F.A.T Method is awesome. It’s simple, effective but most importantly it WORKS!!! I have been trying to lose 20 lbs. for the past year. With the F.A.T Method program **I was able to lose 20.7 lbs in ONLY 8 WEEKS.** Great Program!!!”

-Sean Gilbride

“I not only want to testify but would like to preach about the FAT Method a bit and what it has done for me. The FAT Method is not just a program to just lose some weight or get yourself feeling a little more fit, but it's actually much, much more than that...it's actually life changing. **I'm here to say that after eight weeks with the FAT Method, I lost 36 pounds and reached a weight that I had not seen on a scale since I was 19 years old...**and I'm 47 years old now...I also have not felt this strong since then either. I have tried all sorts of weight loss programs over the years and I've lost some weight here and there, but in the end, I gain it all back. I know this is a common situation for many people and I also know it's extremely frustrating. I have noticed however that the majority of all those programs have a similar flaw....they're just not sustainable long term....seriously, no one wants to buy some high priced special food that gets delivered to your door, or spend every waking minute counting points or adding up the calories in every damn thing you put in your mouth; see these plans will always fade with time, they are designed to tap into a

person's willpower...problem with willpower, it's temporary. I needed to make a decision to change, understanding that making a conscious decision is permanent and not temporary, I needed a plan that I could get my head around and allowed me to make the decision to stay with it because it's sustainable and not something I could just force myself to do using my willpower. Ultimately, that plan is The Fat Method, this is a program I will implement and carry with me for the rest of my life. The eight week initial program was great, I was excited for everyone in the group and I felt so good by the end. I waited to give my testimonial because I wanted to prove to myself that after the initial program ended that I could easily continue. So I'm here to say I have continued and I have maintained my weight loss without any problem at all, I started buying all new clothes and look forward to what the future has in store. Thanks again Kevin! Words can't really express how happy I am that I got on that first Zoom call with you.”

-John Jamieson

“I must admit that I was quite wary when I started the F.A.T. Method program as I didn't know anything about it, just going on a friend's recommendation. **Now that I've finished the 8 weeks, I've lost 15.5 lbs. during that time and I couldn't be happier!** I'm losing weight consistently while not having to sacrifice any of the foods I love, what's better than that! I'm in a routine now and will continue until I hit my goal weight - THANK YOU KEVIN AND F.A.T. METHOD!”

-Darren Rosen

“I have dieted my entire life. I was never the "eat what I want" person. My latest diet including cutting out carbs and sugar totally from my diet. While I did lose a lot of weight doing this, eventually it was not a lifestyle I was able to maintain. Not to mention, when I started eating carbs I gained weight back. Then quarantine happened...and we all probably gained the quarantine 10 or 15. I knew I needed to get back on track so I gave the F.A.T. Method a try. Turns out it was the best decision I have made thus far. I don't consider this a diet...it is definitely a way of life! **So far I'm down 20 plus pounds and I plan to continue!** If you're skeptical give it a try...you won't be disappointed.”

-Alison Juliano

“I am loving this. I haven't been able to lose weight like this in years and not be miserable. **I'm down 15lbs but I'm also fitting in jeans and clothes that I haven't worn in years** and I can't tell you how many times in the last couple of weeks I've been told how skinny I look. I'm over the moon. I have no plans on stopping after 8 weeks. I can't thank you enough!”

-Kathleen Puerta

“I just completed the easiest workout/nutrition plan ever **AND I LOST 31 LBS IN 8 WEEKS!** I've done them all...and they all do work. The problem is none of them are sustainable. **THE F.A.T METHOD IS!** if you're sick of fluctuating in weight or sticking with a plan that works without crunching numbers, calories and what and what not to eat...contact Kevin Valluzzi **NOW!** He takes the thinking out of this. Live your life, eat what you want, lose weight and feel **GREAT!** This is the real deal. Keeping up with the new outlook on my eating habits and health, along with eating whatever the hell I want, makes this the easiest way to lose weight, get toned and not feel like you're giving up anything you love! If you are really ready, and don't lie to yourself or make excuses...if you are **REALLY READY** to lose weight and get fit, Kevin Valluzzi's “The F.A.T METHOD” is right there waiting for you!”

-Vin Pitrelli

“After several years and a variety of diets that included sooo many restrictions I have finally found success with The F.A.T Method. Regret not joining sooner! Thanks for everything Kevin. So glad I took a chance. **I have lost 15lbs in 8 weeks.** My mummy tummy is flatter and my body feels stronger. I have gained tools for life. I hope to lose another 3lbs by Christmas. Then I will be happy to maintain.

-Irene Murphy

“My 8 weeks on the FAT method ends today, and **I’m so excited that I’ve dropped 15 pounds without feeling like I was really trying.** In the past I’ve tried juice cleanses, long cardio workouts, counting and logging calories, limiting carbs, grapefruit diets, but nothing was sustainable. So glad I took a chance after reading testimonials from people I actually knew; my life changed after that first zoom call! I lost the extra weight that’s crept on over the past few years. I was able to enjoy things like French toast, spaghetti and meatballs, cookies, cheeseburgers, and wine...while losing without that hangry feeling! NO weight loss plan has ever worked this well for me while not making me feel deprived. And I have no doubt that I’ll be able to keep it off with what I’ve learned and incorporated into my lifestyle. I’m a F.A.T. method follower for life, thank you Kevin!!!”

-Jackie Erickson

“So grateful to Kevin and the F.A.T. method! **I lost 15 pounds following the program. Fitting into jeans that I haven't fit into in years!** So easy to follow, will definitely continue to follow the F.A.T. Method.”

-Alison McGee

“One of the best decisions I made in my life was joining The F.A.T. Method. **Never in my life have I lost 16 lbs. in just 7 weeks.** I can fit into my old clothes again, I feel good about myself and I’ll be doing this for the rest of my life! Thanks Kevin!”

-Anne Ermita

“I can’t say enough good things about Kevin’s Fitness and Training Method. It works, but the reason why it works even after the 8 weeks end is that it’s sustainable. It doesn’t require you to change your lifestyle or force your friends and families to adapt to cooking you a special dish tailored to your diet. **I have more energy and lost half of my goal weight already (12 pounds!).** I feel more energetic and it’s helped stave off some of the boredom and random eating I had begun since COVID began and I started working from home full time.”

-Emily Cobb

“I have been on the roller coaster of weight gain/loss for years. Knowing Kevin for so long, I trusted his belief in his F.A.T Method and I am certainly glad I did. **I lost 18 pounds, enjoyed a Thanksgiving feast and many other meals, AND I’ve developed a love affair with this type of lifestyle!** Wow...it’s a game changer! If you have desire and goals regarding weight loss...the F.A.T. Method is definitely your way to go!!!”

-Chris Gaskin

“I highly recommend this program for anyone that needs to change their weight loss routine. Tired of counting calories? Or tracking points? Don’t want to miss out on all of your favorite treats, but yet still lose weight? Try it, you won’t be disappointed. **Down 20.8 lbs. in 8 weeks and I’ve never had that much success with any other program.**”

-Laura Kibala

“Wow! 8 weeks down 17.3lbs!! Even with the biggest food eating holiday of the year Thanksgiving. With any new routine there are some days that were easier than others but overall this is a plan I can stick to. Especially since I was able to eat all my favorite foods and be social with a few drinks.

In addition to the 17.3 pound weight loss in the short 8 weeks I noticed some changes. Less inflammation. Less bloating. Better recovery from workouts. Less fatigue. Even less PMS (sorry). I don't worry about what I eat anymore. Food no longer controls me. And I don't feel guilty having some of the sweat tooth foods I love. And I'm thankful I can still have my coffee.

I also hit a few unexpected goals. Everything in my closet fits even some things are too big. I got into my size 4 pants that have not fit in 5 years. Passed my wedding weight and presently at my HS weight. (Sadly even back then I was considered fat).

I will continue till I hit my main goal (that's only 7 pounds away) which I haven't seen in 10 years. I will Maintain it from there.

And all the people who say it's harder to lose weight when you get older because your metabolism slows down, well seems this group is around my age (48) and this was the easiest and fastest it's come off in the last five years and I've tried everything else from weight watchers to whole 30 to shakes to measuring food and counting calories etc.

THANK YOU KEVIN for giving me the tools I've needed all these years!”

-Janice Bryant

“I've known Kevin for many years. He is so knowledgeable on health and fitness and I can honestly say I completely trust him. When he told me about the F.A.T. Method I knew I had to do it. I've been talking about losing ten pounds for years. **I finished at 14 and still going.** Everything in my closet fits! Trust Kevin and the process. You will not regret it.”

-Joelle Maier

“Well I fought Kevin and the F.A.T. Method for the 1st few weeks because of my old ways of thinking and he kept telling me, “Trust me, trust the process.” I finally relented, at least on the surface, once I saw these previously unheard of results. I’ve counted calories, cut out carbs, ate nothing but fruits and vegetables and NEVER had the results I got from the F.A.T. Method! **I'VE LOST 30 LBS in 60 DAYS** (238 down to 208) and am guaranteed to being under 200lbs for the 1st time in 7 years! Yes, you heard me **GUARANTEED!!** What amazed me, in addition to the weight loss, was the fact that this was the 1st nutrition program I’ve ever done where I didn’t lose any strength in the gym! I will never count a calorie again or cut out any particular food group!”

-Jim Tolomeo

“I started 2020 like most people, with a New Year’s resolution to lose weight and get back in shape. For the first 10 months I lost 5 pounds. I was introduced to Kevin and he shared the F.A.T. Method, so I gave it a shot. **In 8 weeks I was able to lose 18 lbs.** With Kevin's explanation and the group encouragement I moved toward my goal and found a flexible program that worked for me with my hectic work schedule. Thank you Kevin!”

-Mike Devine

“I’ve been carrying around an extra 10 pounds forever. Every time I consider changing my diet and/or exercising I never get past 2 weeks. If I decide to cut out carbs all I can see is bread!!!! If I decide to try measuring food it seems like too much work. The F.A.T. method is truly an awesome program and one that is easy to stick to. I am so glad I gave it a try. **I lost 12 pounds and gained a lifestyle change that I feel will be easy to maintain.** Thank you, Kevin!”

-Joann Finley

“Not only did I lose 19 lbs. during my 8 week F.A.T. Method Program, but the thing I like most about it is that there’s a lot of flexibility in the way you can implement it. It also seems sustainable over the long-term, which is the opposite of most weight loss methods out there. A little bit of discipline and the F.A.T Method can go a long way!”

-Orton Chen

“These testimonials are getting boring. LOL!! Yep, I’m just another one of those people who has dieted in phases for years but never found anything I could stick to. I figured this would be another one, but I’ve known Kevin since we were kids so at least I’d be helping his business, so no harm in trying the F.A.T. Method out. **8 weeks later and I’ve lost 24 pounds and 11% of my body weight** and the scale starts with a “1” for probably the first time since the year also started with a “1”. No calorie counting. No supplements. No foods that are off-limits...although I actually crave healthier foods now (I no longer think rice cakes taste like styrofoam, but I still eat pizza and ice cream). And the best part is it’s not over. It’s just the beginning of a lifestyle I know I can stick to. My only regret is not signing up sooner. Thanks, Kev!”

*UPDATE: It’s April 10th and I am now down 40 lbs!

-Stu Levy

“Hi Kevin, **I have officially lost 21 lbs. I went from 149 to 128.** Thank you so much. I never felt like I was feeling deprived. This has been the best way to lose weight and the “puffy” feeling I had is gone. Everything fits right now and my aches and pains that I thought was from age, are gone also.”

-Melissa Tocci

“I can’t say enough great things about The F.A.T. Method! It has truly changed me! **During the 8 week program, I lost 20.6 pounds** and feel healthier then I can remember feeling in a very long time! I have to admit that I never thought I could do it and I have to say, it was easier than I thought it would be! I am 45 years old and have had 3 kids and have tried (or at least it felt like I tried) just about everything out there to try to lose weight and I never came anywhere close to having the success I did with The F.A.T. Method! The weight came off easily and consistently and continues to come off still! I now have the tools I need to continue on the journey that I started through The F.A.T. Method!”

-Sharon Mannino

“I recently completed the FAT method 8 week program. I learned much more and it was far less complicated than ANY other plan I have ever done (against the 5 well known ones that are currently on the market).

The model is simple but the best parts about it, is if I swerved off, I could get right back on and see progress right away!!

During the 8 weeks, I lost over 10 lbs. But, it wasn't about the loss of pounds for me- I lost 2 dress sizes along with my 'mom' belly that I have had since giving birth to my son (3 years ago) And have since kept it off. My addiction or need for food, every 2 hours is GONE!! It has completely changed my relationship with food.

This has been the only plan that I feel I can keep on going and will continue to see progress. Even my husband wants in!”

-Amanda Richter

“Hi Kevin, I wanted to reach out as I just completed my first 8 weeks on the program. **After 8 weeks, I’ve lost 16 pounds. I went from 171 to 155 and can’t wait to see the 140’s!** They were the easiest pounds I’ve ever lost. You and the group were so encouraging during the journey. I am very proud of my weight loss, since I am still recovering from Covid and was unable to do any of the strength training during the 8 weeks, only some cardio. I also found that I was striving to eat healthier meals during the 8 weeks and I plan on that never stopping. I am excited to continue on the program. Thanks for all of your support!”

-Casey Palumbo

“Headed into the New Year as many of us do, with a desire to lose weight and focus on my health. Had heard from a few friends about their success following the F.A.T Method program. I’ve done so many different “diets” over the years, so I figured why not give another one a try...it’s only 8 weeks. **In those 8 weeks I’ve shed 19.8 lbs allowing me to see a number I haven’t seen in over 5 years and have lost a ton of inches.** I feel empowered by the choices I now make with food, have gained my energy back but most importantly have gained the confidence that I can sustain this method into the future. For the record, the F.A.T. Method program is not a “diet”. You will not need to eat certain foods or deprive yourself. You won’t count calories or track your food. If you are looking for a change, don’t delay, give the F.A.T. Method program a try.”

-Stacey Vassallo

“Thank you so much Kevin for introducing me to the F.A.T. Method! It was the best decision for me! It has made me conscious of what I eat! **And the best part is my clothes are loose and feel comfortable again!** This was a game changer! I will continue to use all the tools I learned. The group was filled with wonderful and encouraging members and that helped a lot. I appreciated all of your advice Kevin. Thank you so much!!! I truly enjoyed it!”

-Dina Doughney

“I started at 191 lbs and as of today I am 170 lbs.! 21 total lbs!

Although I am down 21lbs, I feel like I lost way more. I appreciated the opportunity to do this program and I am living proof it is successful in every way. I lost 21 lbs and agree it "starts in the kitchen". Yes, working out is important but not the caveat to success on your program! With my busy schedule these days, it worked perfectly. I am not that guy to count calories or pack celery and carrot sticks to snack on during the day. So the F.A.T Method could not have been any better for me.”

-Michael Gioseffi

“I have just completed the 8 week FAT method, and I am now kicking myself for how long I dragged my feet before signing up for the program. **I have lost 14 pounds, and for the first time ever feel confident in my ability to keep it off and keep going.** Not only was this the easiest program I’ve ever participated in, but it also feels like the only one where I am fully in control. As a result, I know that I have learned how to make a change that is as sustainable as it is easy. Thank you, Kevin!”

-Jean Moran

“So I started this program 8 weeks ago hoping to lose weight for my daughter’s wedding next year, but it turned out that her wedding was February 25, 2021! But with that being said I lost 14 pounds in that amount of time so I’m glad I signed up when I did and I was very hesitant to do it. There’s no way I can express how grateful I am for Kevin’s help and the support in the group! It’s the best decision I made!”

-Lori Djamoos

“I have struggled with weight my entire life gaining & losing the same 20lbs. I have always worked out, but diet is key!!! I had a goal of losing 15lbs but would have been happy with 10lbs in an 8 week period. But guess what? **I lost 18lbs!!!!** This was an easy process to follow, results are immediate & consistent. This is program you can still live your life on, enjoy yourself and maintain your weight. Kevin is a great resource & support throughout the process, readily available to answer questions & provide encouragement. Thank you, Kevin!”

-Liz Tobin

“I am so happy I found Kevin's program. My relationship with food has always been a challenging one filled with guilt and regret every time a diet or program fails. This program has taught me so much about myself! I am in control now, not food. **I have lost weight and inches** which is great, but what is really life changing is how I feel about food! I have been able to do things I did not think was possible and I appreciate Kevin motivating me to do my best! This will be my way of life going forward. Thanks Kevin!!”

-Dawn Rivera

“Hi Kevin, I just wanted to thank you for including me in the F.A.T. Method Program. I am very happy with the results. **I lost 11 pounds** but more importantly, I stopped drinking Diet Pepsi which has been a goal for about two years! I have lost a lot of the inflammation I've had for the past few years. This program provided more than just weight loss. My relationship with food has changed. The program is definitely worth it.”

-Mary Campbell

“The F.A.T. method was a great experience. Initially the program sounded challenging, but it was surprisingly easy to follow. No need to count calories or only eating certain foods. **Over the course of 8 weeks I lost 12lbs or 8% of my body weight.** I highly recommend this program.”

“I have to say I was a bit skeptical in the beginning but after seeing the weight drop after the first week, I knew this was the program for me! **Over the 8 weeks I've lost 22.3 pounds!** I can't tell you enough how easy it is to do. The feeling of being in control of what I eat, the feeling of empowerment is over the top, not to mention all of the energy you get from this as well. It's a wonderful program and I highly recommend it to anyone who wants to change their lives!”

-Bernadette Kearney

“I'm so happy to have found this new way of life!! **I'm down 10 pounds and many inches. I feel amazing!!!** I love how good I feel! I love that my clothes are loose! I love that if I have one or two bad eating days I can quickly fix it. I also love the exercise program. I have so much energy :) Thank you so much for having me participate in this AWESOME program.”

-Susan Stucke

“I was skeptical at first but as the weeks went by I became a believer. I've known Kevin a long time and have faith and trust in him. **Losing 15 pounds in 8 weeks is great, but there is so much more.** I feel really good, lots of energy and after my annual physical, I am the healthiest I've been in 50 years! Like so many others, I wish I started this sooner. This is my life now and I will continue with this method. So happy!”

-Melissa Gonzalez

“I completed my 8 weeks of The F.A.T. Method on Sunday. I was hesitant at first to embark on the journey because I did not need to lose a large amount of weight. I'm petite and any extra pounds I felt in my knees. My weight has fluctuated up and down 10 lbs. since I reached my 40's. Heart disease runs in my family so I am very conscious of my health.

I wanted to get toned and leaner. **I am beyond pleased with my results. I lost 8 lbs. during my 8 weeks which is an accomplishment since I'm just under 5 foot tall. I haven't been at my current weight in about 10 years and I was always active.**

I lost 3 inches off my waist and I fit in clothes I haven't worn in several years. I can see the definition back in my arms and legs and lost inches there as well. My knees no longer ache when exercising. I have more energy and I sleep well at night.

I have more self-confidence and the exercise program fit well into my hectic schedule and I loved not having to count calories or over think what I was eating. I no longer stress eat and it's not a struggle which is huge for me. This is just the beginning. I plan on continuing this lifestyle. It's the best investment I made for myself. You are worth it. Embark on this journey and you won't be disappointed."

Vicki Hoyt McClure

"I had the BEST experience with the F.A.T. Method. It completely changed my eating habits and made me realized how much I ate. **I went from a size 14 to a 10 in 8 weeks!** I feel better about myself and when I look in the mirror I say to myself this program was worth every penny! Thank you, Kevin for everything!"

-Gigi Cruz

"The F.A.T Method works for me! **I lost 15 pounds in 8 weeks!** The beauty is in its simplicity. After trying many different weight loss programs, I appreciate that this program is so straightforward and that I am always in control. Kevin explains everything along the way, and there is tremendous camaraderie and support from within the F.A.T. Community. I'm really happy with my progress and I am confident that the F.A.T. Method will remain part of my lifestyle moving forward."

-Margaret Maltby

“When I first started this program I was skeptical, I didn't think I could do it but I decided to give it a try. So many people I know were doing it and were having great results, I wanted those results too. After the first week I was amazed at how easy it was and how quick the results were coming, not just on the scale but I could actually see and feel a difference. **Over the 8 weeks I lost over 20 lbs. and I'm not done there!** As long as I stay in control most of the time I can indulge and get right back on track without feeling guilty! This is by far the easiest program I have ever done and the support you receive from other members is incredible. I highly recommend The F.A.T. Method!”

-Beth Brenzel

“Hi Kevin-

Just wanted to let you know I am down 35 pounds since this program!!! I have tried weight watchers on and off and never got this result!!! This is easy to do and so effective!!! People need to know if u need to lose weight this is the absolute best and easy way!!! I even have a small vanilla carvel ice cream 2 times a week and still lose!!! Thx again as I feel great!”

-Theresa O’Sullivan

“I want to thank you for this program! I have done so many diets over the years and this one just makes me feel good. It’s definitely a lifestyle for me now and it’s not a diet. Spring has always been my favorite time of the year but the last couple of years the thought of putting on less clothing stressed me out horribly. Not this spring! **The self-confidence and self-control I have learned over the last couple of weeks outweighs the 21 pound weight loss on the scale.** Thanks again Kevin!”

-Denise McKeary

“I have to say I am so happy with how I feel & how I look. I’ve lost 19 pounds! I have tried diets before & nothing has worked, ever! This is just plain easy. I love when my kids say mom you can’t wear that out it’s too big on you! The other day my daughter needed a hug and when she hugged me she couldn’t believe how much she could reach around me. You definitely notice a change and when other people notice, what a great boost that gives you! I keep breaking those goals. Thank you, Kevin.”

* UPDATE: Denise is down over 40 pounds after 1 year!

-Denise Tunick

“Overall, I would say this program was a great experience. It made me re-evaluate my relationship with food, in terms of, how often I eat and how much I eat. I learned that making some simple changes with meal times can have a huge impact. **As a result, I lost about 17 lbs over the 8 weeks.**”

-Lori Henderson

“I did the F.A.T. Method for 8 weeks and lost 20 pounds. I feel stronger and healthier than I have in years. I have gone to gyms and tried low carb diets and never did I meet with such success! I am down a size in clothing with extra room in my clothes as well! Many people have noticed and ask me how I lost the weight! It feels good to hear the compliments and feel better! Also, all of my recent bloodwork is normal which hasn’t happened in years! It’s a very motivating program on so many levels!”

-Pam LeBlanc

"I was very skeptical when I started the F.A.T Method - I have tried every thing out there counting calories, macros, shakes, and honestly my first thought to myself was “great another diet to try that’s not going to work.” Boy was I wrong!

I lost 24.4 pounds on the F.A.T. Method In 8 weeks and I couldn’t be happier! My clothes fit better, I sleep great, my mood has changed so

much and I feel energized. The F.A.T. method is NOT a diet and I think that's what I loved most about it. It's a way of life that's easy to maintain.

Kevin was great! He was very responsive , always willing to share new knowledge and most importantly very positive and so supportive. Thank you so much F.A.T. Method, I am now continuing my journey And hoping to be down to my goal weight very soon!"

-Luciana Gameiro

"I was initially introduced to Kevin's program because my brother went through it. I saw his results and eventually I signed up too. When I started, I was more than a year into a conventional weight loss program and had lost a lot of weight. But then I stalled and some of the weight had crept back on. I got lazy and bored with all the weighing, measuring and tracking and was disappointed that my progress had stalled.

I started The FAT method on September 7th. During the 8 week program, I lost more than 20 pounds. Kevin did a great job of helping me know what (and when) to eat and how (and when) to work out to maximize my weight loss and health benefits. Now that the 8 week program is over, I am still implementing what I learned and the scale is still moving in the right direction.

As a bonus, my cholesterol and blood sugar were down on my recent blood work, too. I love that the program is sustainable and I have been able to adapt it to my lifestyle. I now know how to listen to my body, take rest days and make smarter choices about food. I fully expect to reach my weight loss goal using the FAT method. If you want to get healthier, and lose weight, you should try the FAT Method!"

-Rachel Constant

"After going through Kevin's program this fall, **I lost 15 lbs. and my clothes are loose on me!** I finally feel like I have the power to control my weight. It's not that difficult, and it's all within my control. I never found that in another nutrition or fitness program."

-Jeanne Lehane

“I wanted to thank you so much. I have lost 15 pounds but I have learned so much about living a healthier lifestyle and losing weight. Almost called it dieting. But I really feel that I have changed my outlook on that since starting the F.A.T. Method. It’s not dieting it’s a lifestyle.

You truly have a gift. You are wonderful at what you do. So understanding, complimentary, supportive and informative. Best of luck with everything. And thank you so much for getting me going on the journey to a healthier me.

-Patrice Pintarelli

“In my 8 weeks taking part in Kevin’s program, I lost 21.2lbs! I am so glad I took the leap of faith to join the F.A.T. Method program. I went in determined and with an open mind, knowing that I needed to do everything I could not only to lose weight, but to feel better and get healthier. The support from Kevin and others in my group was essential to my success. The workouts were great and just what I needed to get my body moving. Having never been the “exercise” type, I am so proud to say I have worked out 3-4 times a week for the past 8 weeks, and I feel great. My 8 weeks are up but I am sticking around. I still have goals to reach and I know the F.A.T. Method will get me there!

-Maria Moorman

“Hi Kevin - I have really gotten a lot out of these past eight weeks. Most importantly, I learned to listen more to more body and not eat when I am not hungry - still a work in progress but much better at it than pre-program. I like that I feel more in control of the number I see on the scale. I am better at not beating myself up should I see an increase on the scale because now I can adjust my approach accordingly. I've lost a total of 10 pounds and see a BIG difference in how my clothing fits. I will continue use the F.A.T. method post-program to get to my goal weight loss some somewhere between 10-15 lbs. I love that I never feel deprived of things I like to eat (though I know I could be better in this area), and will continue to be more mindful of what goes in my mouth (and when).”

-Shereen Bloom

“Kevin,

I cannot say enough about your program. I tell every single person I see. I am about 10 weeks into the program and have lost 15 pounds. The program is so simple. It is black and white, which makes it so much more manageable. Not only have I lost weight, I truly have more energy and I am so much better mentally and emotionally.

The beauty of your program is that I can eat normally and drink my wine on weekends and on vacation and then jump right back into it when I return! I will keep spreading the word!!!

-Barbara Ben-Yishay

“So I’m very happy with the results. I lost 11 pounds on the program and it was much easier than I thought it would be.. I feel lighter, less bloated and overall healthier. Kevin is good about answering any questions you may have and overall very helpful through the entire eight week program.. I will follow it the rest of my life... Thank you again Kevin.”

-Joseph F.

What is The F.A.T. Method?

The F.A.T. Method is an 8 week On-Line Weight Loss Program that combines everything you need to lose weight and keep it off. But there's one "secret" method that is the backbone of this method. And it's something that is often overlooked when it comes to weight loss. But it is SO POWERFUL! And extremely healthy.

The F.A.T. Method Program also includes a few other things that don't necessarily have to do specifically with weight loss but are just as important when it comes to losing weight and keeping it off.

Those other things are guidance and support.

The guidance comes from me. Throughout the 8 weeks you will get 8 Zoom modules. During these recorded Zoom calls I go over a specific topic as it relates to weight loss. Each Zoom call feeds (no pun intended) off of the previous one and in combination you are left with the ultimate lifestyle, or shall I say 'Method', to lose weight and keep it off.

Also, during the F.A.T. Method program you are put into a private Facebook group with all of the other people going through the program as well as F.A.T. Method Program graduates. The camaraderie and motivation you get is unparalleled. Many F.A.T. Method members have said this group alone is worth the price of the program. In fact, many people, after finishing the program, decide to stay in because of the group. It's that powerful.

In addition to the Zoom calls and the private Facebook group, you will also have access to our Wednesday night live Zoom calls where you get to ask any questions you have about YOUR situation. Whether it's your eating, your exercising, your mindset, etc. No question is off limits and you can ask as many as you want.

And you'll also get two separate 4 week workout programs, that can be done in your home with minimal equipment or at your gym.

Unlike a fad diet which only works for a short while, The F.A.T. Method is a way of life.

Yes, burning fat and losing weight are great, but it's hard to beat someone saying they've never felt so in control of their life!

www.theFATmethod.com