



TESTIMONIALS

“I had no idea what I was getting into when I signed up for this program but my mind was made up that I needed to lose weight. I was a bit skeptical at first, 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 for the guidance and I highly recommend this program to anyone **READY** to make a change. *UPDATE: I’ve continued with this lifestyle 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.”

-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 started the program with an open mind. I’m very glad I did. **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!** What a totally 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 are very uncommon in today’s day and age. It’s truly effective and I’m looking at it as a lifestyle change not a quick fix:)”

-Lina Pitrelli

“I highly recommend this 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 about easy, healthy habits that I can continue to incorporate to my lifestyle to continue to lose a little more if I want to!”

-Joel Macaluso

“This 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. This has 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. 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

“This 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.”

-Debbie Downs

“This is awesome. It’s simple, effective and most importantly it WORKS!!! I have been trying to lose 20 lbs. for the past year. With this program **I lost 20.7 lbs** in ONLY 8 WEEKS!!!”

-Sean Gilbride

“I not only want to testify but would like to preach about this program a bit and what it has done for me. It’s not just a program to just lose some weight or get yourself feeling a little more fit. It’s actually much, much more than that...it's life changing. **I'm here to say that after eight weeks 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. This was the plan I needed 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. Thank you! Words can't really express how happy I am to have started.”

-John Jamieson

“I must admit that I was quite wary when I started the 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!”

-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. I knew I needed to get back on track so I gave this 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. **THIS 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...start this program **NOW!** 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, this right there waiting for you!”

-Vin Pitrelli

“After several years and a variety of diets that included so many restrictions I have finally found success with this program. I regret not joining sooner! Thanks for everything. 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 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 the first day! 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 follower for life, thank you!!!"

-Jackie Erickson

"So grateful for this program! **I lost 15 pounds and I'm fitting into jeans that I haven't fit into in years!** So easy to follow, will definitely continue!"

-Alison McGee

"One of the best decisions I made in my life was joining this program. **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! Thank you so much!"

-Anne Ermita

"I can't say enough good things about this program. 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 recently since I started working from home full time."

-Emily Cobb

“I have been on the roller coaster of weight gain/loss for years. **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...this program 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 somethings 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 for giving me the tools I've needed all these years!"

-Janice Bryant

"Well, I fought this whole "process" for the first few weeks because of my old ways of thinking and I kept hearing, "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 like I got from this ! **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 this program through a friend, so I gave it a shot. **In 8 weeks I was able to lose 18 lbs.** With the modules 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!"

-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. This 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 again!”

-Joann Finley

“Not only did I lose 19 lbs. during my 8 weeks, 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 this can go a long way!”

-Orton Chen

“Yep, I’m just another one of those people who has dieted in phases for years but never found anything I could stick to. **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. Thank you so much!”

-Stu Levy

“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 this program! It has truly changed me! **During the 8 week program, I lost 20.6 pounds** and feel healthier than 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 this! The weight came off easily and consistently and continues to come off still! I now have the tools I need to continue!”

-Sharon Mannino

“I recently completed the 8 week program. I learned so much 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

“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. The group was 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.
*UPDATE: I'm currently at 149.3!

-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 this 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 into the future. For the record, it's 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 this a try.”

-Stacey Vassallo

“Thank you so much for introducing me to this great program! 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. 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 this 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 this could not have been any better for me.”

-Michael Gioseffi

“I have just completed the 8 week program, 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!”

-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! 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 this program 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. The resources & support throughout the process were incredible, as well as questions being answered & the encouragement provided. Thank you!”

-Liz Tobin

“I am so happy I found this 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 the motivation I got throughout the program! This will be my way of life going forward. Thank you so much!!”

-Dawn Rivera

“I want to thank you for including me in this 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

“This was a great experience. The program was very 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! Thank you so much!”

-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. **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 program. So happy!”

-Melissa Gonzalez

“I completed my 8 weeks 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 this program. 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, for everything!”

-Gigi Cruz

“This has definitely worked 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. Everything is explained along the way, and there is tremendous camaraderie and support from within the community. I’m really happy with my progress and I am confident that it 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 this to anyone looking to lose weight!”

-Beth Brenzel

“I've tried many diet plans in the past which required me to count calories or eat "special foods" and eventually gained most of the weight back over

time. I worked very hard to lose 36 lbs in 2019 with a restricted diet and working out and kept the weight off until the Covid lockdown. Never had I thought of food so much! I ended up gaining 25 pounds of the weight back due to eating more and inactivity. Early this year, I managed to lose 10 of those pounds on my own which I kept off through the summer but I was still unhappy with my weight. I needed to lose the 15 pounds to bring me to my pre-Covid weight.

I jumped in and signed-up and never looked back. This is a different type of program where you really connect with yourself and others on the program, it keeps you accountable but it didn't feel like all the other programs I followed in the past where the main focus was FOOD. I had freedom to eat whatever I wanted, no special plan or meal replacements, ANYTHING I WANTED, and oddly enough, I wasn't as hungry as I expected to be. I kept seeing the scale go down and my motivation intensified. This program made me feel better, I slept longer, and I felt energized. I also noticed changes in my appearance for the better and the compliments I have received kept me on track. I was battling bronchitis throughout most of this program and although I never really exercised due to my being sick, **I still managed to lose 16 pounds in 12 weeks, enough to put me over my 15 pound weight loss goal.** I will continue to incorporate this program to set another 10 pound goal for myself and whenever I need to maintain my weight. It is a way of life and I am thankful for finding it and helping me look and feel the best I have in years!"

-Arlene Cabrera

“ I’ve lost a total of 11.4lbs over 8weeks and felt great. Finally I found a manageable program that was working and fit my busy lifestyle. Not only was a weight loss a benefit but my hair/skin appeared healthier. I had more energy and greatly appreciated the support during the program. This is something I plan to stick with until I feel I’ve reached my goal.”

-Shannon Marriott

“I am 5’3”, 57 years old, and was struggling with menopause weight gain, and a constant cycle of inflammation and bloating. This program taught me HOW and WHEN to eat. **After 8 weeks in the program, I lost 17 pounds. After 15 weeks, I have lost 26 pounds and still going!** It has provided me with tools that have truly changed my life. As a bonus, I am more energetic, and my inflammation and bloating have been greatly reduced. It is not just about losing weight, if you want to improve your overall health and wellbeing you have to try this out. I did not anticipate having the success I had and I can’t recommend it enough.”

-Diann Gravius