

“JOINING WEIGHT TALK® WAS THE BEST DECISION OF MY LIFE.”

~ KRISTEN



“When I started Weight Talk® I was around 230 pounds and I’m now down to 185,” Kristen beams. Well on her way to her 150-pound goal, Kristen admits that before Weight Talk® she’d “tried almost everything” before discovering the powerful combo of one-on-one coaching and a Fitbit® Zip™.

“Whoever hired these coaches did a good job!” she says. “It’s like talking to a friend. They’re very understanding and very knowledgeable. They were always upbeat, positive and knew how to keep me motivated.” Kristen credits her coaches with helping her understand her daily caloric intake and “how to avoid emotional eating.”

The Fitbit® Zip™ she received with the program has made a huge difference, too. “I love, love, love the Fitbit®. I wasn’t sure if I would use it, but it’s on me 24/7,” she admits. “Because I have a desk job, I wasn’t moving much, but the Fitbit® makes it fun. It’s become a competition with myself.”

Kristen’s husband has been inspired by her transformation. “He went out and purchased a Fitbit® and has lost 65 pounds just by following my example. Both of us are so much healthier because of this program.”

LET WEIGHT TALK® HELP YOU CHANGE YOUR LIFE. **ENROLL TODAY!**

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With the Weight Talk® program you enjoy unlimited phone access to a dedicated coach and vibrant online community, a welcome kit that includes a Fitbit® Zip™, and print materials to help you every step of the way.

