

Body Fit 6 Week Program Results

Top 3 Participants

Name	Age	Height	Program Start Weight	Program End Weight	Total Pounds Lost	Total Inches Lost
Connie	61	5'6"	204	185	15.6	12.5
Kirsten	29	5'6"	178	165	11.6	9
Robin	43	5'4"	237	225	11	13

Each Body Fit participant lost an average of **7 pounds**, which averages out to be 1 pound per week and dropped at least **1 whole pant size**.

“Now that’s results everyone is looking for.”