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My Experience

Date: 10/22/15

How did you hear about Billings Last Diet? A co-worker was doing it.

How much weight did you lose? 68.5 lbs

How many inches did you lose? 33.75 inches

Overall, how did you feel while you were on the diet?
Wonderful! Of course, there were times I felt "left out" or craving junk food, but those instances were rare in my 6 months. In all, I felt empowered & confident on the program. Seeing immediate results was so fulfilling & kept me on track.

What changes have you noticed since losing the weight?
Many changes inside & out! I sleep better, have fewer headaches, play with my kids more and feel proud of myself. I now look at labels and am aware of what I put into my body. My confidence is higher - before, I tried to fake it but now I am genuinely confident!

How would you describe your experience working with Billings Last Diet coaches?
I met with two other coaches before finding Kathy. They didn't have the same comfort level with the others that I did w/ Kathy. The journey is a very personal experience and I felt supported & guided the whole way through. I felt like Kathy was as committed to me as I was to IP!

What advice would you give to someone contemplating starting the Billings Last diet? Do it!
If you are committed, it works! My concern about the cost diminished as I realized how much \$ I had been spending on junk food, pop, fast food, etc. It was a near wash. I didn't just lose weight, I gained knowledge & improved health - it was worth every penny. You are worth it.

Comments
The impetus for doing Ideal Protein was my upcoming 40th birthday and being unable to keep up with my 2 1/2 year olds. My husband has been increased interaction & activity with my kids, increased energy - and I won't lie - an increased love of myself! I am thankful every day that I did IP!

In an effort to share the benefits and potential of Billings Last Diet please check all that apply:

- I give permission to share:
- My testimonial to be used for informational and educational purposes
- My Before and After Picture for Informational and educational purposes

Kristi P Osterlund

Signature