



**F.A.T. METHOD**

# **INFO-PACK** *GUIDEBOOK*

**7 STEPS TO  
TRANSFORM YOUR  
BODY IN RECORD TIME**

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# WELCOME!

Thank you for downloading the F.A.T. METHOD Guide. ***Our F.A.T. Method Coaching Program is an 8 weeks coaching program designed to help you lose 10-30 lbs without counting calories, following a meal plan or doing cardio.***

This Guidebook will give you 7 Tips to Transforming your body in record time. Applying these tips will help you start feel healthy, energized, and ready for whatever comes your way. This is has some of the tools from our F.A.T. Method Coaching program. Inside you'll find:

- ✓ **Goals and So That's**
- ✓ **What, When and How To Eat**
- ✓ **Eat More Protein**
- ✓ **Drink More Water**
- ✓ **Move Move**
- ✓ **Sleep**
- ✓ **Add Accountability**

We also share what the F.A.T. Method is and over 100 testimonies of The **F.A.T. Method** to see if it may be just want you have been looking for.

Committed to Your Success,

*Brad Linder*

F.A.T. Method Info-Pack



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# WHAT IS THE F.A.T. METHOD?

## GUARANTEED TO LOSE 10-30 LBS IN 60 DAYS!

» **Super Simple Proven Plan** - The F.A.T. Method is an 8-week coaching program that will teach you an easier and simpler way to help you lose weight safely and effectively without having to count calories, do some crazy gimmick and do hours of cardio. We have hundreds of Success Stories (many in this Info-Pack) that prove that this works.

» **Weekly Videos Coaching Calls** - You will get one video training each week that will build over the 8 weeks. These will give you the tools, education and game plan to follow to not only help you reach your short goals but help you continue after the 8 weeks.

» **Accountability Coach** - 24/7 Accountability and Unlimited Access to Me to Ask Questions About Nutrition, Fitness and Weight Loss. You will get the support needed and we will help you stay accountable throughout the 8-weeks with 24/7 help and support (and yes... what we all need... accountability).

» **Private Members Group** - This may be the best thing about the program. You'll also get access to our private group with the others who are going through the program. In the group there are lots of discussions and members are asking and answering questions.... every day for the 8 weeks. There is a lot of motivation and encouragement going on in the group. It's really great! And I oversee it and respond to every question.

» **Simple Workouts** - Simple At-Home Exercise Program to Accelerate Your Results (provided through our coaching app)

» **Fat Accelerator** - It's like you will have your own little on/off switch for fat loss. And you'll have this "superpower" for the rest of your life and you can use it any time you want.

» **My 100% GUARANTEE & Promise** - This is an investment in your health. And because of that, I also offer a money back guarantee. If at any point during the 8 weeks you're not satisfied, I'll refund your money. I'm very confident in the program and the results it delivers.

Whether you want to lose 10 pounds or 50 pounds, the F.A.T. Method will work and you will have it as your weight loss "weapon" the rest of your life.

I look forward to having you in the program and to you becoming our next success story.

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# Tip #1 GOALS & SO THAT'S?

The first step in starting your journey is to get some goals down on paper as well as some reasons WHY you want to achieve those goals. Achieving personal goals as it relates to your health and wellness will support you in virtually every area of your life. Many people just start on a program and miss out on the best tool they can use to help them achieve results. MOTIVATION.

**What do you want to accomplish with your health and fitness over the next 90 Days? What do you want to accomplish over the next 12 months?**

Our choices dictate our habits. Our habits then become our LIFeStyle. Our habits, good or bad, come from a series of choices that we make. In order to change our habits, we have to change our choices. Your "So That's" are really your reasons WHY you want to change your current circumstances and achieve your goals you wrote down. Having clearly defined "So That's" help you become more focused and more intentional because the daily CHOICES you make are based on your **"So That"**. **Having big So That's will help you make healthier choices.**



## SO THAT'S

Here are some other examples of "So That's":

**Healthy** – So That as I get older I can lead and maintain a healthy lifestyle in order to be around for my kids and grandkids.

**Lose Weight** – So That I feel better about myself and can fit into the stash of beautiful clothes collecting dust in the back of my closet.

**Energy** – So That I get off the couch when I get home and take a walk or do some exercise.

[Download/Print The Goals and So That Sheet here](#)

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*Here!*

**Goal Sheet**  
*Here!*

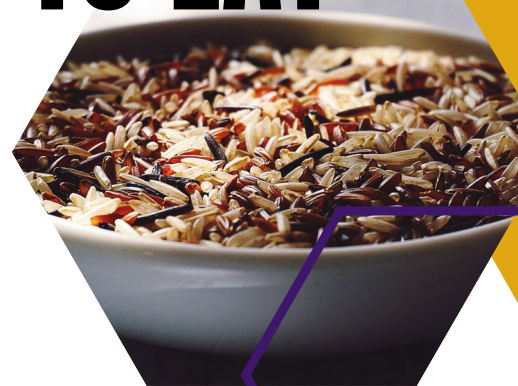
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## Tip #2

# WHAT, WHEN AND HOW TO EAT

**Window Eat. Only eat in 6-8 hour window each day.**

**Eat 2-4 times during the eating window.**



### Nutrition Do's (Green Means GO)

- ✓ **Do Eat CLEAN PROTEINS** – Feed muscle and reduce appetite. SHOULD BE W/EVERY MEAL/SNACK
- ✓ **Do Eat VEGGIES** – (unlimited daily servings) Arugula, Asparagus, Bamboo Shoots, Basil, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Collard Greens, Cucumber, Daikon, Dill, Eggplant, Endive, Escarole, Fennel, Garlic, Ginger, Grape Leaves, Green Beans, Hearts of Palm, Herbs, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Radishes, Radicchio, Seaweed, Shallots, Snap Beans, Snap Peas, Snow Peas, Sorrel, Spaghetti Squash, Spinach, Sprouts (any variety), Summer Squash, Sweet Potato, Swiss Chard, Thyme, Turnip Greens, Wheat Grass, Zucchini
- ✓ **DO EAT FRUIT** – Fibrous and low glycemic choices
- ✓ **DO EAT HEALTHY FATS** – (**FOODS** Almonds, Avocado, Coconut Milk (whole unsweetened), Ghee, Nut Butters (no sugar added), Nuts (any plain raw or salted), Olives, Plain yogurt (whole), Seeds (any plain raw or salted). **OILS** Avocado Oil, Coconut Oil, Grapeseed Oil, Olive Oil, Walnut Oil
- ✓ **DO EAT CLEAN CARBS** – (brown rice, sweet potatoes, oatmeal, etc)

### Nutrition Don'ts (Red Means Limit or Avoid)

- ✓ **NO COKES, COFFEE or ALCOHOL**
- ✓ **NO FRIED FOODS**
- ✓ **NO PROCESSED FOODS**
- ✓ **NO REFINED SUGARS OR CORN**
- ✓ **NO WHITE STARCHES** (BREAD, RICE, ETC)
- ✓ **NO HIGH FAT FOODS**
- ✓ **NO WHEAT PRODUCTS** (at least first 10 days)
- ✓ **NO DAIRY** (at least first 10 days)

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## Tip #3

# EAT MORE PROTEIN

### The basics

- Eat Protein with every meal including snacks(important)
- Protein is the building blocks of our body (muscle, skin, hair, etc.)
- Most sources are good except fatty meats
- If you are looking to lose body fat and weight shoot for 40% of your daily calories from protein. YES. That's Right.
- If you are already at your goal weight, we recommend 30%-35% of your daily calories from protein.

### We need protein for:

- Growth (builds the framework of the body including muscles, organs, bones and connective tissues).
- Producing enzymes that help your body digest food, which support the immune system.
- Producing hormones that tell your body when to use food as energy and when to store it as fat.
- Transporting oxygen through your blood to your muscles and organs.
- Maintaining tissue repair.
- Protecting you from illness when viruses and bacteria attack.
- Providing energy when carbohydrates are not available

### Sources of lean protein that you should eat are:

**Fish:** flounder, halibut, mackerel, wild salmon, sardines, calamari, cod, tuna, and mahi mahi.

**Shellfish:** clams, lobster, oysters, shrimp, and crab.

**Poultry:** skinless chicken, extra-lean ground turkey and turkey breast.

**Meats:** flank steak, lean ground beef, bison, lean ham, venison, lean pork loin, and filet mignon.

**Vegetable Sources:** Edamame, Pea Protein, Garbanzos/Chick Peas, Tempeh (grain-free), Quinoa, Lentils, Spirulina, Tofu, Mycoprotein, Vegan Protein drinks without sugar.

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## Tip #4

# DRINK MORE WATER

Water is not only essential for life but in your quest for losing body fat, building muscle, and keeping healthy, it is crucial. Water is crucial to the proper functioning of every major system in your body. We lose about a liter of water per day just through our daily activities. If you're not getting enough water, your body will not metabolize fat or digest food as efficiently. Drinking enough water allows fat and calories to burn effectively, rid the body of toxins and waste efficiently, and improves metabolism.

Water is also important in controlling hunger. When your body does not have enough water or it is dehydrated, it will send a signal to your brain to eat. Watch out, because your body is really asking for water. This can be controlled if you're drinking enough water. Become self-aware of your water needs and drink enough throughout the day, before your body tells you that you need it.

Some benefits of water are that it has zero calories, it helps protect and lubricate your joints, and it helps head off wrinkles because water promotes elasticity in skin. Water also helps prevent kidney stones, helps cure hangover symptoms, and helps prevent urinary tract problems.

### How Much Should You Drink?

½ Your Body weight in ounces each day is the goal. If you are 200 pounds then you need to drink 100 ounces. You should shoot to drink 80% of your daily water by 3pm.

### Tips To Create Daily Habits To Drink More Water

- ✓ Have a glass ready as soon as you get up
- ✓ Drink a glass before you eat and after you eat every meal/snack
- ✓ Get a nice water bottle to take around with you everywhere you go.
- ✓ Set reminders on your phone
- ✓ Get a water bottle that has the hours on them to motivate you to drink throughout the day

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## COACHING PROGRAM



Tip #5

# MOVE MORE

**Resistance/Strength Training** - Builds lean muscle mass which increases your metabolism. After a Strength/Resistance Training session, your metabolism stays elevated through a process called Post-exercise oxygen consumption (EPOC). This lasts 12 hours and up to 72 hrs. LAYMAM'S TERM? **Your Body Burns Calories** beyond just the workout by adding resistance/strength training.

**Workout on an empty Stomach.** - Some studies show you may burn up to 20% more fat when exercising on an empty stomach.

**Cardio** - Such as walking, running, treadmill, bike, elliptical, rower, etc is great for fat loss but is only in addition to a great Strength/Resistance Training Routine.

## RECOMMENDED WEEKLY WORKOUT ROUTINE

#1

- ✓ Monday, Wednesday and Friday - Strength/Resistance Training 30-45 min
- ✓ Tuesday and Thursday - Core and Cardio
- ✓ Saturday - Mobility and Stretching Day along with cardio
- ✓ Sunday is rest day

**NOTE:** - If you have never done resistance/strength training, we highly encourage you to invest in a professional fitness coach or personal trainer like Get You In Shape. The **F.A.T. Method** includes easy to follow Resistance Training program.

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## Tip #6

# SLEEP

### Link Between Sleep and Weight loss!

Losing weight is challenging, and keeping weight off can be just as difficult. Although the medical community is still untangling the complicated relationship between sleep and body weight, several potential links have emerged that highlight the potential weight loss benefits of getting a good night's rest and the negative health impacts of sleep deprivation.

### Lack of Sleep Can Increase Appetite

One common hypothesis about the connection between weight and sleep involves how sleep affects appetite. While we often think of appetite as simply a matter of stomach grumbling, it's actually controlled by neurotransmitters, which are chemical messengers that allow neurons (nerve cells) to communicate with one another.

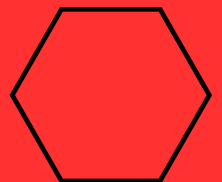
The neurotransmitters ghrelin and leptin are thought to be central to appetite. Ghrelin promotes hunger, and leptin contributes to feeling full. The body naturally increases and decreases the levels of these neurotransmitters throughout the day, signaling the need to consume calories. A lack of sleep may affect the body's regulation of these neurotransmitters.

### How is Sleep Related to Physical Activity?

Losing sleep can result in having less energy for exercise and physical activity. It's well known that exercise is essential to maintaining weight loss and overall health. Getting regular exercise can improve sleep quality, especially if that exercise involves natural light.

**NOTE:** The F.A.T. Method teaches you ways to help you get MORE SLEEP!

**APPLY**  
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Tip #7

# ACCOUNTABILITY

**WE ALL NOW THAT HAVING ACCOUNTABILITY IS KEY TO ACHIEVING YOUR GOALS. HERE ARE A FEW REASONS WHY**

- ✓ They help keep you motivated
- ✓ They help you stay on track
- ✓ They give you support
- ✓ They answer questions
- ✓ They will help you push yourself
- ✓ They will help with wisdom/advice
- ✓ They help keep you from falling off
- ✓ They help challenge you along the way

**SINCE COACHING PEOPLE SINCE 1998, I'VE LEARNED THAT THE ONLY THING PEOPLE NEED TO **TRANSFORM** THEIR LIFE IS A **PLAN** AND AN ACCOUNTABILITY **COACH** TO HELP THEM FOLLOW THAT PLAN.**

All the studies point to the percentage of people who actually achieve their goals with a coach or accountability partner working with them.

We all excel when we have a plan AND are held accountable to that plan.

That is why the F.A.T. Method Coaching Program comes with a step by step plan and a 24/7 Accountability Coach to help support and motivate you every step of the way.

**ARE YOU READY TO GET STARTED? STEP #1 IS TO APPLY**

**APPLY**  
*Here!*

# *F.A.T. Method Coaching Program* **YOU CAN DO IT!**

The fact is, you probably knew the 7 tips I just shared with you!

You can Google thousands of plans that are available for FREE **BUT**  
**WHAT WE ALL NEED IS A COACH TO HELP US STAY**  
**ACCOUNTABLE TO FOLLOW THE PLAN.**

So if you know you are probably not going to apply these 7 tips yourself I invite you to apply for our F.A.T. Method Coaching Program on the link below.

It's a "Follow The Darn Instructions" plan WITH a Professional Coach to help support you.

- ✓ **Motivation**
- ✓ **Accountability**
- ✓ **Support**
- ✓ **A Complete Customized Plan** – and a proven process! – that fits your needs and schedule
- ✓ **Coaching** in other areas that affect your results (stress, sleep, workouts, and more!)

If you're looking to make changes in your energy, fitness, or wellness, I'm here for you!

**100% Guaranteed program to help you lose 10-30 lbs in 8 weeks without counting calories, following a meal plan, or doing hours of cardio!**

The first step is just apply on the link on each page.  
I wish you all the best in reaching your goals.

Let's do this together!

*Brad Linder, Transformation Coach*



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

Another Five Star F.A.T. Method Success Story



## ***"Eat whatever I want and still see results"***

"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 want and still 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



Another Five Star F.A.T. Method Success Story



## ***"Not just a quick fix"***

**"I lost 19.4 LBS!"** You encouraged me and supported me and taught me about your unique process of losing weight. Your program is **truly effective and a lifestyle change not just a quick fix.**"

- Lina Pitrelli



Another Five Star F.A.T. Method Success Story



## ***"I'm now down 28.8 pounds"***

"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. I'm happy to say I followed through and lost 19.6 pounds in eight weeks, feel great, have more energy **and am finally fitting into all the cute clothes I have in my closet.** 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



Another Five Star F.A.T. Method Success Story



## ***"I lost 18 pounds and gained muscle"***

**"I highly recommend the F.A.T. Method program.** I lost 18 pounds and gained muscle in 8 weeks and I was **still able to maintain my social obligations and busy schedule.** I also learned so much about easy, healthy habits that I can incorporate into my lifestyle to continue to lose more!"

- Joel Macaluso



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

Another Five Star F.A.T. Method Success Story



## ***"Best decision I ever made"***

"**I have dieted my entire life.** I was never the "eat what I want" person. My last diet was no carbs or sugar. While I did lose weight doing this, it was not a lifestyle I was able to maintain. When I started eating carbs I gained weight back. So I gave the F.A.T. Method a try. Turns out it was the best decision I ever made. I don't consider this a diet...it is definitely a way of life! **So far I'm down 20 plus pounds in 8 weeks and I plan to continue!** If you're skeptical give it a try...you won't be disappointed."

- Alison Juliano



Another Five Star F.A.T. Method Success Story



## ***"Fitting in jeans and clothes I haven't worn in years"***

"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



Another Five Star F.A.T. Method Success Story



## ***"The easiest way to lose weight!"***

"I just completed the easiest weight loss 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...do The F.A.T. Method NOW! It takes the thinking out of this. Live your life, eat what you want, lose weight and feel GREAT! This is the real deal. **This is the easiest way to lose weight,** get toned and not feel like you're giving up anything you love!"

- Vin Pitrelli



Another Five Star F.A.T. Method Success Story



## ***"I finally found success"***

"After several years and a variety of diets that included sooo many restrictions, **I have finally found success with The F.A.T Method.** 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



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

Another Five Star F.A.T. Method Success Story



**"I lost 20.7 lbs in ONLY 8 WEEKS"**

**"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 lost 20.7 lbs in ONLY 8 WEEKS. Great Program!!!

- Sean Gilbride



Another Five Star F.A.T. Method Success Story



**"I wore a pair so jeans for the first time in years!!"**

"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. I just wore a pair of pants I haven't worn in years! I enjoy not having to count calories & measure portions!"

- Debbie Downs



Another Five Star F.A.T. Method Success Story



**"I was hesitant to start but am so glad i did this program!"**

"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!?- THANK YOU!"

Darren Rosen



Another Five Star F.A.T. Method Success Story



**"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!"

Anne Ermita



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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 am **finally fitting into all the cute clothes** I have in my closet. Thank you 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 have been a part of the Get You In Shape Fitness program for 10+ years. When Brad started the F.A.T. Method I was just looking for an easier way to lose 10 lbs. **I lost 10 pounds and my clothes are fitting much better.** Since I travel all the time from work I loved how flexible the program is and how it can be customized to me."

-Tim Rau

"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 the 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!** I was encouraged and supported 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

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"After 3 years of working out with Brad and Get You In Shape, I knew I needed a jumpstart and to finally focus on dropping weight. I already trusted Brad so when he explained the basics of the FA.T. Method, it made sense to try it knowing there was a 100% Guarantee. It proved to hold true t everything that is says as **I lost 16 lbs in the 8 weeks and that was during Christmas and New Years.** My inflammation and knee has been so bad that I had put off jogging again. But after a few weeks I tried to jog and was able to without any pain. That alone was worth every penny of the program because I love to jog."

-Karin Porter

"**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. It fired me up again on my overall health and **I feel so much better.** Thank you for helping me look and feel better than I have in years!"

-André Rodriguez

"I have been struggling to lose weight for the past 4-5 years and it just wasn't coming off. I kept seeing Brad's posts about this program and decided to give it a try. I am so thankful I did because the weight FINALLY dropped as I lost 18 pounds in the 8 weeks program. I have kept going and am at 25 pounds in about 3 months. This program is simple to follow and easy to get results compared to everything else I have tried. It's also something I have continued to follow and will continue because it's more of a lifestyle. Thanks, Brad, for helping me find something that works for me!"

- Todd Willcox

"After struggling to lose weight the last few years. Since I hadn't been successful on my own, I decided to sign up for the eight week program. Following the FAT Method was not difficult and **I was able to lose 15 pounds and 11 inches during the eight weeks.** This is a program I can now continue to follow on my own to lose more and then follow for maintaining my weight loss. Highly recommend this as it's been a great investment to me."

- Terrie Ratcliff

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"I thought I was doing all the things necessary to lose weight but being active most days of the week and eating relatively healthy was NOT helping me lose weight and feel any better. After seeing all the success stories I decided to give it a shot for 8 weeks. I loved how the plan was laid out and all I needed to do was "follow the darn instructions." Just following the plan and having the accountability helped me loose **12 pounds in the 8 weeks**. I was telling Brad it has been since my last child was born 20 something years ago since I lost that much weight in 8 weeks. I was surprised at how simple and effective it was. Even though it was 100% virtual I felt like I had a coach with me along the way to support and keep me accountable. Thanks you for helping me finally start losing weight after years of trying without any luck. "

- Tammy Hoist

"I have really focused more on my health since my husband had cancer a few years ago. After talking with Brad I knew this would be a great program for me to implement. I was not needing to lost a lot of weight but I lost what I wanted to lose. Accountability has been key, and having workouts available with digital technology decreased the time spent on the gym and frees me to do other more important things like kingdom assignments. So grateful for the program. **I feel and look better so I have really blessed by this program.**

Thanks Brad!!!"

-Melissa Helm

"I used to be in the Get You In Shape in-person fitness program years ago and loved it. I move away and have had some family and life issues effect my health the last few years so I knew I need ed to do something. I am so glad it was the F.A.T. method. The first week I noticed a change in my energy levels, my mood, my sleep and even my stress. **I lost 12 lbs in the 8 weeks but have kept going and now down 20 lbs.** I loved having a step by step plan to follow and a coach helping me every step of the way. Thank you for offering this program because it's has been such a blessing for me.

-Janet Rickman

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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 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!"

-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

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"The F.A.T. Method has allowed me to drop 12 lbs. in 8 weeks without feeling like I have to watch everything I eat. I like knowing I can make my own choices on my meals & I actually think I do make better & healthier decisions when following the F.A.T. Method. I really like the way I feel. My clothes fit better and I'm even fitting into some items I haven't been able to wear in a long time. This program is full of tools I can continue to use & allows me the flexibility to be in control of my weight & my health while living a normal life without DIETING! The coaching and accountability is another bonus because I felt like I had 24/7 help anytime I needed it. Thank Get You In Shape! "

-Lisa Perdue

"My goal was stop obsessing with "diets" and what I was going to eat - the F.A.T. Method helped me do just that - keep it simple, tweak a couple of habits, and enjoy life. Super easy to incorporate and apply...simply "follow the darn instructions" and just try. I dropped 15 lbs and over 12 inches. It's really is super simple and easy to apply. I loved that it's customizable!!!"

-Jennifer Murphy

"After Thanksgiving I was at the highest I have weighed in a few years and heard about the F.A.T. Method. I liked that there was no supplements I had to buy and Brad said it would work with my busy traveling work schedule. I did my 8 weeks during Christmas and New Years and ending up losing 16 lbs.. It was very simple to follow and I liked how each week built upon the previous week so it was not so overwhelming. It was customizable to my work travel and fit great into my life making it easy to continue with. Thanks Brad!"

-Dan Robicheaux

"Brad, I just wanted to reach out and THANK YOU for the F.A.T. Method. I had been struggling to find a program that works for me and this has been perfect. Not only did I lost 12 pounds in 8 weeks but I now am more confident knowing I can continue using the tools. I see this as. anew lifestyle for me.

-Hal Armstrong

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“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. Thank You! Words can't really express how happy I am that I got on that first coaching call with you.”

-John Jamieson

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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 Brad 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

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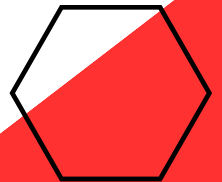
# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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...**I highly recommend this program!** It 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, "The F.A.T METHOD" is right there waiting for you!"

-Vin Pitrelli

"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 coaching 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!!!"

-Jackie Erickson



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“ “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! 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

“So grateful for 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!”

-Anne Ermita

“I can't say enough good things about The F.A.T. 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. Thank you!”

-Emily Cobb

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“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

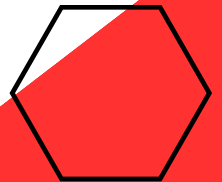
“Wow! **8 weeks down 17.3lbs!!** Even with the biggest food eating holiday of the year Thanksgiving. With any new routine there are some days that were easier than others but overall this is a plan I can stick to. Especially since I was able to eat all my favorite foods and be social with a few drinks.

I also 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. 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).

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

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"I've known the coach 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 lost 14 pounds in just 8 weeks with this and still going. It's crazy! Everything in my closet fits! Trust the F.A.T. Method and the process. You will not regret it."

-Joelle Maier

"Well I fought the F.A.T. Method for the 1st few weeks because of my old ways of thinking and my coach 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 LOST 30 LBS in 60 DAYS** 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 trying to lose weight like most people back in January 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 the F.A.T. Method, so I gave it a shot. **In 8 weeks I was able to lose 18 lbs.** With coaching 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



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“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!”

-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

“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 liked seeing all the other testimonials so i decided to give it a try. During the 8 week program **I 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”. **I just kept going and am now down 40 lbs!** No calorie counting. No supplements. No foods that are off-limits. 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!”

-Stu Levy

“**I have officially lost 21 lbs after the 8 week F.A.T. Method program.** 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



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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 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 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

"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 were so encouraging during the journey. I am very proud of my weight loss since was unable to do any of the strength training during the 8 weeks. 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

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“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.”

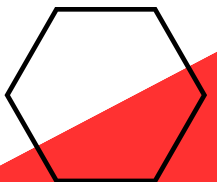
-Stacey Vassallo

“Thank you so much 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. 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 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



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“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!”  
-Jean Moran

“So I started this program 8 weeks ago hoping to lose weight for my daughter’s wedding. **I lost 14 pounds in 8 weeks.** I’m so 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 all the coaching and the support! 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 nutrition 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 coaching is awesome along with the support throughout the process readily available to answer questions & provide encouragement. Thank you!”  
-Liz Tobin

“I am so happy I found the F.A.T Method 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 all the motivation do my best! This will be my way of life going forward. Thanks!!”  
-Dawn Rivera

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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."

- Sheila Franklin

"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

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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 method. So happy!"  
-Melissa Gonzalez

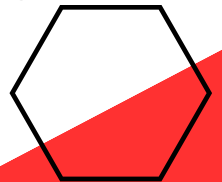
"I completed my 8 weeks of The F.A.T. Method on Sunday. I was hesitant at first to embark on the journey because I did not need to lose a large amount of weight. I'm petite and any extra pounds I felt in my knees. My weight has fluctuated up and down 10 lbs. since I reached my 40's. Heart disease runs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

-Gigi Cruz



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“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. I loved how everything is explained 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.”

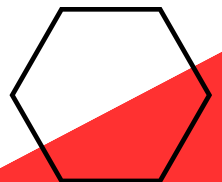
-Margaret Maltby

“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!** This is by far the easiest program I have ever done and the support you receive from my coach along with the accountable was incredible. I highly recommend The F.A.T. Method!”

-Beth Brenzel

“I 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 you 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!!! Thanks again as I feel great!”

-Theresa O’Sullivan



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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

“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!”

-Denise

McKeary

“I have to say I am so happy with how I feel & how I look. **I lost 19 pounds in the first 8 weeks of the program and have done on to lose 40 pounds in the 10 months following!!!** 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!!”

-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 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

**APPLY**  
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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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.**

The coaching was great! If I had a question, it would be answered right away. He was always willing to share new knowledge and most importantly very positive and so supportive. Thank you so much F.A.T. Method!"

-Luciana Gameiro

"I was initially introduced to The F.A.T. Method 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. So I was ready to get started.

During the 8 week program, **I lost more than 20 pounds.** The coach 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

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"After going through The F.A.T. Method program **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 F.A.T. Method 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 the coach 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

"I have really gotten a lot out of these past eight weeks. 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 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). Thanks YOU!"  
-Shereen Bloom

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"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. The coach 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!"

-Joseph F.

"I was stuck with my weight and didn't have the motivation to get out until I found the F.A.T. Method. Brad does an awesome job in spelling out EXACTLY what to do (and it's simple) which made it very easy to follow and not overwhelming, which I tend to get with programs like this. **I ended up losing 12 pounds during the 8 weeks, my inflammation is down, I am sleeping much better**. The flexibility of the program was great. I felt like I did have a personal coach giving me support and help anytime I needed as well as keeping me accountable. I did not realize how much being held accountable would motivate me but it did. If you are looking for results, try it." Traci Collum

"Thanks Brad for giving me a simple plan. I lost 15 pounds during the 8 weeks but have the tools to actually keep doing it for the rest of my life!"

Johnnie Goodner

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"I tried this program on a whim...what will happen if all the success stories I read and videos were actually true? Could I do it? Mind over body challenge. I am in my early 50's and not willing to give up my lifestyle. The F.A.T. Method Works as **I lost 15 lbs. in 8 weeks.** It was simple and effective. I lost another 5 lbs the next month for **20 lbs. in 3 months.** It's now been 6 months and I have kept it off continuing to follow the F.A.T. method. It has allowed me to still enjoy going out with my husband and maintain my weight. If you are looking for something different, excel with having a coach and accountability, then give it a try."

Cindy Bladl

"Praise be to Christ almighty! Thank you for bringing me to Brad and Get You In Shape. In 2014, I suffered a near death experience from sepsis, which left me with 50% kidney function and loss of muscle function. I've been struggling with health and mental issues for the last 9 years and I have been praying to find something to help me recover.

With the FAT method I have been able to lose weight (15 lbs), increase my confidence, improve my physical strength, eliminate bad habits (replaced with good ones), and improve my mental peace of mind.

I was surprised how quickly the changes occurred. I would recommend this program to anyone who has tried everything and gotten less than desirable results. You will get results with the FAT Method, even ones you are not expecting.

'I can accomplish all things through Him who strengthens me' Thank you Brad for helping me to become the best version of myself."

- Tony Azcona

"I have a stressful job and I have always struggles with losing weight and my eating. I trusted Brad and Get You In Shape so I decided to give the F.A.T. Method a go. Although I did not follow the plan 100% I lost 9 pounds in the 8 weeks. I am now down 14 pounds 4 months later so I am just happy I have found something I can stick to and lose the weight slow and steady.

- Susan Wilson

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# REAL PEOPLE..REAL RESULTS **F.A.T. METHOD**

"I was counting calories and trying to eat perfect for 9 months and lost 15 pounds during that time. I tried the F.A.T. Method and lost 15 in only 8 weeks! I have kept going and I am not down 27 pounds in 6 months. At 69 years old, this program has been easy (much easier than what i was doing before) and I feel amazing. I only have 8 more pounds to hit my goal! The F.A.T. Method works!"

- Debbie France

"I lost 20 lbs in 6 months by eating healthy and exercise. I was doing it the old fashioned way with counting calories and follow meal plans and it worked for a while. Then life happened my motivation to continue stopped. My workouts slowed down over time to nothing and my healthy eating habits stopped. That lasted for about 6-8 months and all the weight I lost was back. I was back at square one again. It was perfect timing seeing the F.A.T. Method because I needed it. I was so hesitant to start that I actually did not start until the final day. It was the motivation and simple plan I need as I lost 10 lbs in the 8 week program. I just kept going after and am now down 32 lbs. It has been slow and steady which is great because I know that I can stick with the F.A.T. Method forever. I highly recommend this program for anyone who has struggled with their weight or struggle with staying consistent on something."

-Patty Mallard

"I was stick and tired of the way I felt, how my clothes were fitting and was excited when I heard about the F.A.T. Method because I was a part of the Get You In Shape Program in the past and liked it. I liked how it was all virtual because I was not in the Coppell, Texas area. I lost 20 lbs in the 8 weeks. I was scared I was not going to be able to do the workouts but they are great and it was like I had my own trainer with me each time I worked out. My mind is in a much better place about food and am excited because I have tools that I can continue using to help me continue to get results. My wife and I did this together so it's been fun doing it with her. Thanks Brad

-Tolbert Pittman

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# WHAT IS THE F.A.T. METHOD?

## GUARANTEED TO LOSE 10-30 LBS IN 60 DAYS!

» **Super Simple Proven Plan** - The F.A.T. Method is an 8-week coaching program that will teach you an easier and simpler way to help you lose weight safely and effectively without having to count calories, do some crazy gimmick and do hours of cardio. We have hundreds of Success Stories (many in this Info-Pack) that prove that this works.

» **Weekly Videos Coaching Calls** - You will get one video training each week that will build over the 8 weeks. These will give you the tools, education and game plan to follow to not only help you reach your short goals but help you continue after the 8 weeks.

» **Accountability Coach** - 24/7 Accountability and Unlimited Access to Me to Ask Questions About Nutrition, Fitness and Weight Loss. You will get the support needed and we will help you stay accountable throughout the 8-weeks with 24/7 help and support (and yes... what we all need... accountability).

» **Private Members Group** - This may be the best thing about the program. You'll also get access to our private group with the others who are going through the program. In the group there are lots of discussions and members are asking and answering questions all day .... every day for the 8 weeks. There is a lot of motivation and encouragement going on in the group. It's really great! And I oversee it and respond to every question.

» **Simple Workouts** - Simple At-Home Exercise Program to Accelerate Your Results (provided through our coaching app)

» **Fat Accelerator** - It's like you will have your own little on/off switch for fat loss. And you'll have this "superpower" for the rest of your life and you can use it any time you want.

» **My 100% GUARANTEE & Promise** - This is an investment in your health. And because of that, I also offer a money back guarantee. If at any point during the 8 weeks you're not satisfied, I'll refund your money. I'm very confident in the program and the results it delivers.

Whether you want to lose 10 pounds or 50 pounds, the F.A.T. Method will work and you will have it as your weight loss "weapon" the rest of your life.

I look forward to having you in the program and to you becoming our next success story.

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