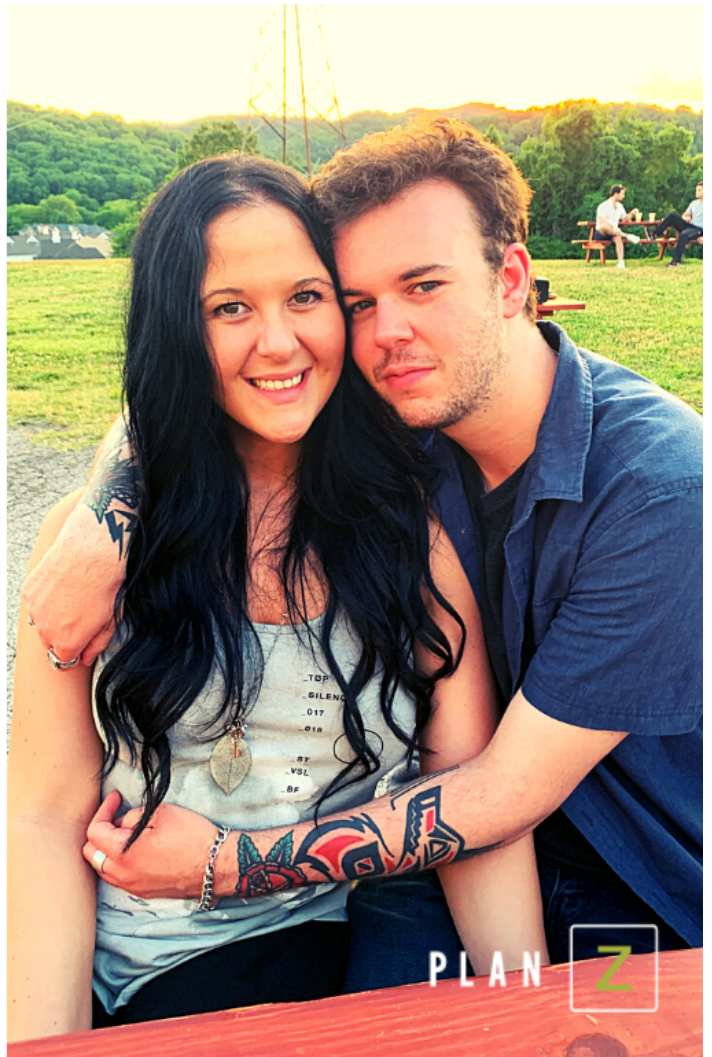


# Conquer the Quarantine Fifteen



We've all had those backslides after weight loss. Slowly, bad habits creep back in and we see the scale creep back up. Hayley St John is a radio spokesperson for Plan Z on Nashville's WBUZ, "The Buzz" and encountered this all too familiar scenario recently.

Back in 2017, Hayley tried Plan Z and lost 26 pounds. She kept the weight off for years until her home state of Tennessee went into lockdown in March 2020 in response to the coronavirus pandemic. While stuck at home she found herself surrounded by temptation and gained the dreaded "quarantine fifteen." Luckily, Plan Z is the best diet to do when at home because there's no exercise and it's all real food.



This time around, Hayley had the support of her boyfriend, Josh, doing the diet with her. Hayley believes the extra support and motivation she received from dieting with Josh helped her lose more weight. She said, “If you start to kind of fall off track you have the other person to lift you back up and it’s...a bigger reason that I lost more [weight] this round than the first time because I had somebody dieting with me.” In 50 days Josh lost 24 pounds and Hayley lost 31 pounds.

Plan Z Diet • Beat that Quarantine Fifteen

Even though the pandemic is behind us, many people are still struggling with losing pandemic weight. Because Plan Z is a healthy, real food diet, the habits you’ll pick up in the process will help you keep the weight off for good. Take this

time to prioritize yourself and get hooked on recipes your whole family will love. And, if you diet with a buddy, you qualify for special pricing.

Below are Hayley's testimonial and interview from her first round of Plan Z in 2017.



*"I reached out to Plan Z Diet two months ago for help. You know me. I love my craft beer, my burritos, my red wine, and my iced coffees. I like to live life and have fun. But recently it became too much."*

*The picture on the left is from March at GnashVegas. Truth is, I photoshopped the picture when I initially posted it. I made my arms and face smaller so I was comfortable enough to make it public. Why am I living like this?!?! Photoshop can save my pictures, but it can't save me in real life.*

*Plan Z didn't ask me to post this. I'm just ecstatic enough to personally share with you my results. After completing almost seven weeks of proper education and guidance from Plan Z, I've lost 26 pounds, and besides red-eye removal, the current photo of me on the right remains untouched!!"*

*Hayley St John  
102.9 FM WBUZ  
Nashville, TN*