

# Partners in Life and Dieting



Together, Dieters Jeff and Trisha lost 72 pounds collectively and 40 and 32 pounds respectively. They embarked on a journey to lose weight and feel more in control of their lives together. They both emphasized the importance of having a buddy to diet with. It's about more than having someone to commiserate with, dieting with a buddy is crucial for motivation and support.

*In fact, Jeff (pictured below) told us, "Get yourself a partner. Find somebody that you can go through [Plan Z] with because that is just such a huge – HUGE – advantage."*



Have a listen to their interview below to hear why dieting with a buddy can improve your results and your experience on Plan Z. And when you find your diet buddy, call us in the office for special pricing.