

# I'm not intimidated by my scale anymore



Lucy tried almost every diet out there, with disappointing results. She did not know if she would ever find a diet that would work for her. After reaching out to Zola, she decided to try one more diet...and ordered Plan Z. Today she couldn't be happier.

*"What Zola promises, comes true. A pound, to a pound and so many ounces every day when you're on [Z]Reduction. But, when you get off of [Z]Reduction, that's when the whole "shaping thing" starts to happen. I mean, I looked in the mirror and I thought, "What the heck is this?" I haven't been doing any aerobics, I haven't been, lifting heavy weights, and all of a sudden, I have a waistline which I never had, never before. And there's that little shape to your upper arm...I don't know what it's from. Is it your metabolism resetting itself? Did your metabolism do a complete 180, and now, all of a sudden, I have a waist. Clothes that I'd never worn in years are just slipping on. Now I have to look for belts because I tuck again. I haven't tucked in 4 years...*

*I wanted to lose 25 pounds. I ended up losing 28-1/2 pounds and*

*I stay within a pound and four ounces – I stay within that range.*

*Gee, I hope it lasts forever – I'm sure it will.*

*What I feel is that someone has taken an interest in me, that “someone” being Zola and the team. They’ve taken a personal interest in me as a dieter, and they want me to succeed.”*

*– Dieter Lucy*

Click the play button below to hear Lucy's inspiring interview.

Plan Z Diet · I knew this was a non-fail, win-win situation