



GetFit
Creating Healthy Lifestyles





I am a Nutrition Advisor and a woman that enjoys a healthy lifestyle.

GetFit21 is Amazing!

The nutrition education and guidelines that the program provides are so valuable. I started my journey with Unicity's **Vanilla Complete** and **Matcha Energy**. I loved the supplements and personally participated in the program which I observed to inspire much smarter habits.

The coaches are super supportive and encouraging. Even as a knowledgeable advisor, I have lost some additional weight, gained more muscle, and noticed an increase in my energy levels!

Thank you, UNICITY and GetFit21 for this wonderful experience.

Vara Lakshmi
Nutrition Advisor

My Husband's Parents

They wanted to reduce their weight in a healthy way. I suggested they use the Bios Life Slim (aka Balance).

They began using the product, liked the taste, and it makes me very happy to know they intend to continue their journey with it.

They noticed it curbed their appetite and they have experienced noticeable improvements in their energy levels.

Vara Lakshmi
Nutrition Advisor





BEFORE



AFTER

82 Days...
I feel fabulous!
GetFit21 Works!



I have struggled with my weight my whole life, tired all the time, wanting to do more than my body would allow.

I finally said, that is enough and I started my GetFit21 journey in June 2021.

I just finished my 3rd session in August and oh my... the changes!

I have more energy, less swelling, increased mental clarity and better sleep. In addition to noticeable changes of my clothes fitting better, I have lost 30 pounds and 13.5 inches !!!

This program has changed my entire outlook on food. I will forever be thankful and I am looking forward to the next session!

Andrea K.



BEFORE



AFTER

A Dream Come True

I'm off all my insulin and diabetes meds
after being on them for 17 years!
Additionally, I've lost 17 pounds
and 14 inches!

Bernice

Julie Hartsell

I had breast cancer about 7 years ago and after my reconstruction, I totally changed my diet. My weight was good but fluctuated anywhere from 116-122.

Even though I was at a good weight, I had a muffin top- extra fat in my abdomen area. I tried lots of different eating plans but that nasty muffin top stayed no matter what. In my later 50's (now) it seemed if I gained, it went to my stomach and midsection.

I enrolled in the GetFit21 program and it was amazing. The wonderful products along with the nutrition plan worked amazingly.

I lost my muffin top, 6 lbs and 4 inches in my waist and my clothes fit so much better.

Their medical nutrition supplements made it easier to accomplish my goal. This is a great program that everyone can benefit from!



BEFORE



AFTER



I started GetFit21 with mixed feelings after seeing my wife struggle with so many different kinds of diet plans. After seeing her go through 2 rounds of this program, I saw her improved health, so I thought I would give it a try. The first thing I learned is that GetFit 21 is NOT a diet plan, it's a simple way of life.

After completing my first 7 days, I noticed my blood sugar numbers already decreasing right along with my sweet cravings....and boy did I have a large sweet tooth!!

I no longer feel sluggish or run down during the day.

I have lost 19 pounds and 9.75" so far!

I am going to continue on this because I know it works and am determined to come off of all my diabetic medications!!

Ken K.

Maira -



BEFORE



AFTER

Before GetFit21, I was depressed and packing on the pounds while hiding myself away indoors. Since starting the program my life has totally improved and I am watching my own positive transformation in progress!

I've got more energy and focus. I feel better.
I look better. I have lost about 20 pounds.
I went from a size 20-22 to a size 14-16.
I have lost about 16 inches of fat!

I have learned the tools to boost my energy, my mood and continue this happy journey in transforming my life.

Thank you GetFit21



BEFORE



AFTER

In November 2020 I had an A1c of 11.2. I was on 4 medications and injecting insulin yet still had no control of my numbers. I was letting food control me. Even though my doctor sent me to a dietician and I tried so many different diets, I was struggling with the frustration of no progress and I felt such hopelessness. I was so afraid of looking at my lab results, I thought if I didn't test regularly, I would not really be a diabetic. I was in denial about what was going on in my body.

By chance... I found my solution!

GetFit21 to the rescue!

Fast forward 10 months to August 2021...

25 pounds - GONE... 15 inches of fat -GONE...

A1c down to almost NORMAL 6.6 and
THREE Medications plus Insulin injections - GONE.

Are there side effect of this lifestyle change...YES

- Feeling better overall; improved sleep; mental clarity; more energy than I have had in years! I have recaptured my joy of living and my hope for the future.

Patti Ryder

MAY



Stephanie G.

May 6 2021

First GetFit21 Group - 230 pounds - learned a lot about eating, started walking, gained energy

JUNE



June 1st 2021

Lost 10 pounds and 9.75 inches feeling stronger

JULY



July 13th, 2021

Lost 8 more pounds, additional 5 inches

AUGUST

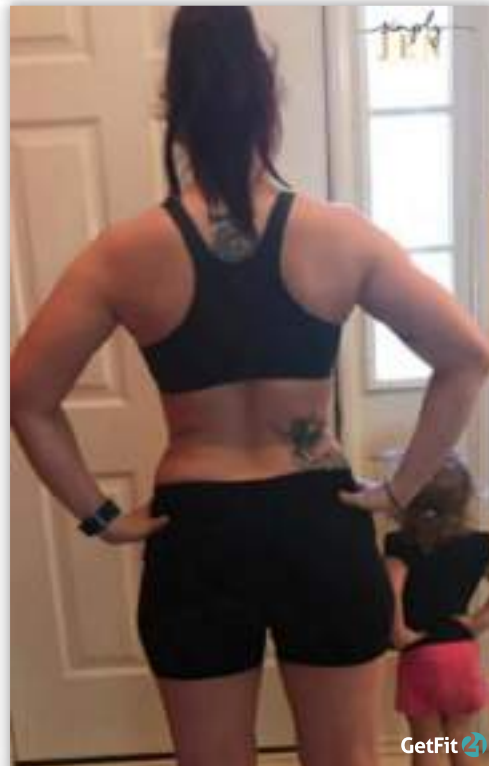


August 6th 2021

Lost 5 more pounds and 3 more inches and noticing muscles. I notice a big difference in my mood and energy. I WANT TO WORKOUT!



BEFORE



AFTER

Blythe L.
Incredible GetFit21 Results



BEFORE



AFTER

Audry & Boogie Foote

Getting healthy has improved every aspect of my life. Ten years of trying EVERYTHING, diets, exercising, smaller portions, etc. and getting little to no results was frustrating, to say the least. But I was introduced to a simple 21-day process that has helped me create new habits that have changed me! I feel PHENOMENAL! I feel better now than I did in high school. My wife, Audry and I have participated in several 21-day programs and both have experienced incredible results. It's become our lifestyle.



BEFORE



AFTER

Brígida Rosario
has consistently lost weight in
GetFit21 over six months.



BEFORE



AFTER

Dean Jones took his health into his own hands. After working behind a desk for 25 years, it started to take a toll on his health. He began GetFit21 and lost 15 lbs in his first three weeks!



BEFORE



AFTER

After struggling with her weight for over 10 years Diana found GetFit21 which taught her about metabolic health and how to live a healthy lifestyle.



BEFORE



AFTER

I have loved GetFit21.
It has changed me for the
better for forever!
Dori



BEFORE



AFTER

Eric says he now has less
stress and more energy
Thanks to GetFit21



BEFORE



AFTER

"Who knew your body could change so much in just 21 days. Six weeks ago I had back surgery. I decided soon after that because I could not work out like I used to, that I needed to put my focus on something else.

I started GetFit21 that I had heard about from a friend. It is something I have fallen in love with. Most of this change came from changing what I ate. I worked out very little in the 21 days because of my surgery.

Even when I wanted to give up my awesome coach helped me through some rough patches.

Mentally, physical and emotionally, I feel so much better. I can't wait to start the next group!!



BEFORE



AFTER

I did GetFit21...
Sometimes it was hard and
frustrating but mostly it was
FUN! Fun because of the
weight I've lost and especially
the energy I gained!



Gloria has gone from a fasting blood sugar of 177 to 92. Additionally, she had to lower the amount of insulin she is taking! She has followed the program, and has also enjoyed making many of the recipes provided.



BEFORE



AFTER

Isabel completed 4 GetFit21 programs consecutively and is looking and feeling amazing!



BEFORE



AFTER

Jennifer Maskewitl
GetFit21 Incredible Results



BEFORE



AFTER

Jessica's Results.
Starting weight is 240
Following GetFit21 her
weight 217



BEFORE



AFTER

I love GetFit21 so much
and everything it has taught
people focusing on how to
be the healthiest they can be!
Not only does this program
change our physical appearance,
but the confidence that I see
grows on people makes me so
happy!

Photo courtesy of
Jose Rodriguez



BEFORE



AFTER

"I am now down 76.2 lbs and continuing merrily on my way. It still feels weird sharing 'before' and 'during' pics. It is my belief that one's appearance does not determine their worth nor who they are as a human being. I wish I could take 'before' and 'during' pics of what has happened on the inside as there are many changes that cannot be seen, only felt with every fiber of my being. It feels good to feel good about myself."

Kristi McNabb Acres



BEFORE



AFTER

Lynn and I started GetFit21 knowing that we were going to do it all the way. It has been fun doing it together and we are amazed at how good we feel and how easily the weight has come off. In places where we could not lose before. I never had luck losing on my hips and Lynn has never had luck losing in his stomach like this before.

This is successful because it is not a diet and the science along with great coaching makes sense! It has become a way of life for both of us never feeling deprived and knowing we are lean for life!

Lynn and Marilyn W.



BEFORE



AFTER

"Mariiita lost 20 pounds
in the GetFit21 Program



BEFORE



AFTER

"I believe it's all in your mind"
No one can make you go to the gym, or eat healthy.
If you don't have the right mind set and are willing to work for it, it won't work and you won't see the change you want to see.
I do all of those things for me.
I do them because it makes me such a happier person."
Naquita



GetFit 

"At 49 and having gone through the fight of my life with cancer, I never imagined after that fight, that I would ever be in a position where I was fit and this healthy. Now ... I am the healthiest I have ever been in my adult life"

Nicole Stewart



BEFORE



AFTER

"I believe it's all in your mind"
Nurse Jessie Smith has lost over
50 pounds. Her blood pressure,
blood sugar, cholesterol and
A1c are ALL now NORMAL!



BEFORE



AFTER

I've totally changed my lifestyle
and I'm much healthier than
I used to be.

More fit, more energy,
and OFF my medications.

Owen



BEFORE



AFTER

"I hit a stage in my life where I felt hopeless.

I had lost weight before, and then gained it back 10 fold. I felt like I would never be back to the weight I had been before. Then my sister told me to do GetFit21.

I am no different than anyone else. I don't have more motivation, or special genetics, or any type of magic pill that instantly changed me. I just made the decision to commit. And after 8 rounds of GetFit21, my lifestyle was changed, with my eating and exercise habits for the better.



Rafael lost 14 pounds from his belly with the GetFit21. You know what they say...behind every successful man is a strong woman!

Yudi is not only strong but inspiring!

She also lost 10 pounds and 3 inches off her waist!



BEFORE



AFTER

Rav says this picture represents not only a physical transformation, but a mindset shift as well.

The way he thought about himself and viewed the world all changed through daily discipline and investing in himself, a key part of The Get Fit 21 program.



BEFORE



AFTER

Rebecca lost 50 pounds
and 37 inches with GetFit21.



BEFORE



AFTER

GetFit21 ... The right program and
supplements structured around
lasting habits that are life changing.
It's meant for everyone!
Tammy Shreiner



I am healthier and stronger in
mind and body.
I have more quality time with
my loved ones and I can do
and be so much more fun
for them!
Thank you GetFit21 for making
it possible!

Wilma Claire Sapalaran Valderrama



Hi, my name is Bernice and I live in St Andrew's, NB. I am 64 and have been married for 45 years. I have two beautiful daughters and two very special grand kids Anthony and Maddie. I started a "diet" just one year ago too lose weight and get off Diabetic medications. It worked some, but it wasn't until I made a life style change through GetFit21 that it all came together for me. I no longer take Insulin (did for 17 years) nor the pills. I am completely off all Diabetic medications. This program is not just a Life Style change it is a life saver.



BEFORE



AFTER

The GetFit 21 program has been an easy way for me to adjust a lifetime of habits. #1. The health information was so educational and simple to learn. #2 The accountability having a coach pay attention to my daily choices. #3 Learning healthier food options to eat. #4. Delicious nutrition supplements that DEFINITELY made my habit changes easier! I would recommend GetFit21 to anyone that wants to look and feel great!

Vanessa C.



I'm a retired teamster truck driver. I am type 2 diabetic. My sugar levels were too high along with my blood pressure and cholesterol. My doctor told me I had to make a change. I started taking Balance and joined my first GetFit21 program. I lost 18 pounds and 12.5 inches. I felt better than I had in a long time, more energy and a positive attitude.

I decided to continue with GetFit21 and Balance. I went to the doctor for my 3 month check. He was ecstatic! He said in all his years of practice he hadn't ever seen someone's numbers change so fast. He said it's very rare that I get to do this but I am taking away one of your diabetes pills.

I lost 36lb and 27 inches! I love this program! I love how I feel now. I bought some size 38 jeans. It's been 15 years since I was able to fit in that size! GetFit21 has changed my life! GetFit21 Works!

Mark C



My husband and I love the GetFit21 program! We have lost 25 pounds each since starting to work with the program, and we both feel incredibly excited about our commitment to stay fit. GetFit21 was what we needed to make the shift to a healthier, more active lifestyle that we've enjoyed for more than 2 years! Time flies when you're feeling good.

Carolee Laffoon and Ace Palacio



After 21 days I lost 10lbs and 22.6 inches. I'm enjoying a new way of eating; learning what my body needs, I feel great! Before the start of the program I purchased a few pairs of pants that I was unable to fit comfortably until last week. I was amazed at how comfortable they fit to the extent I need to now wear a belt!! I lost the urge to snack! That was big for me!

Alfreida Edelen



You know how you feel when something is right for you? That is how GetFit21 fits me. I have been heavy most of my life and have tried all popular diets throughout my 70 years, but nothing seemed to click for me. What I didn't realize was that I needed to change my lifestyle and form healthy habits, not diet.

On the 2nd day when I got out of bed, I suddenly realized that I didn't experience my usual aches and pains and I had no craving for sugar or in between meal snacking. The pounds and inches seem to fall off easily. I saw my doctor a week ago and he was impressed with my progress and heartily recommended that I continue on this course.

Angie Viar



In the past I have tried so many “diets” and failed. My cardiologist referred me to GetFit21. I am amazed!!!! It's have seen reduction in weight and inches and I feel slimmer and healthier. It's a lifestyle that I can easily maintain and enjoy unlike some of the things I have tried before.

Debbie Dufour



I had tried for 2-3 years to lose 10 pounds. As a breast cancer survivor, I take tamoxifen and I had just settled for the fact that I would never lose 10 pounds. But, because this program works, I lost weight and inches steadily! My clothes fit better and I have so much more self-confidence!

I have done multiple GetFit21 Programs consecutively. Having faced cancer, I KNOW the value of good health. Everyone should embrace this program to help prevent disease and take to control of their health!

Donna Vazquez



This feeling is amazing!!!! ...to be able to lose weight, and losing it in a way where it will stay off is incredible!!! With each challenge I have been able to lose a little more each time. With each challenge I feel more confident that I can do this!!!! I may not be where I want to be yet, but I see myself getting closer and closer to my goal each week!! Thank you so much to my coaches!! If it was not for you giving me the guidance, and mentoring I would still be lost to this day. I love and appreciate all of you; coaches and challengers. This round of GetFit21 was the best one to me so far. It is not just because of the results, but because I felt more connected to everyone during this round. I hope to see you guys in next challenge!!

Janessa Dorsey



After 2 sessions of GetFit21 I met my goal of losing 10 pounds. I am 50 years old and I weigh what I weighed 6 years ago. I am excited to have found a program that is a lifestyle change that is fun and sustainable with my hectic, busy, wonderful life. My husband has lost the 20 pounds he has gained after his retirement from the Army. I'm excited to be able to share this with him and have us continue on this path of health... aging awesomely together!

DeeAnn and Yany Rivera



I am most proud of implementing exercise in my life and coming to the belief that I can enjoy food without the unhealthy choices of the past. Starting at the weight of 195, three weeks later I was weighing 188. That is a 7 pound loss and a total of 15 inches of fat! I am so proud and I am participating in the next GetFit21 session. I have only just begun. Thank you coaches and challengers. I could not have done it without you all. We are better together!

Pamela Chambers



BEFORE



AFTER

Wow! My client Joanne did this after doing four GetFit21 programs in a row. Some of her amazing benefits-

- ✓ lost 22 pounds
- ✓ thrived in a setting of community, accountability & support
- ✓ loved the daily camaraderie on the secret Facebook group
- ✓ sleeps better- because her blood sugar is balanced
- ✓ doesn't need to take Advil PM any longer
- ✓ is "regular" because she starts her day with a high fiber/ low sugar/high protein shake breakfast and continues her day choosing foods with fiber, lean protein, healthy fats and complex carbs
- ✓ has started making healthy meals for her family
- ✓ exercises daily
- ✓ has less anxiety/depression because she exercises daily
- ✓ has learned so much and gotten so much stronger mentally & physically
- ✓ all of these changes in my client are not unique to just her. You can have this too. These are the
- ✓ benefits available to you if you just try the GetFit21 program and allow yourself to trust the process
- ✓ and most of all, trust your coach to help you optimize your health!!

Lisa Amici Marconi



GetFit 

In 21 days, I went from 222 to 211,
11lbs lost and 5 1/2 inches!!!! I feel
amazing and want to keep on this
amazing journey

Tammy Johnson

25 POUNDS MAKES A BIG DIFFERENCE!

I want to share my excitement and appreciation with you. I love GetFit21. I am so excited how it has transformed our lives to feel better, look better and live healthier!!

I love that I don't feel hungry any more between meals. I also love that my husband and I are WAY more active now and enjoy our much more frequent walks and exercise together- Doing this together with my true love is a treasure! Thanks so much for helping me transform my eating habits, my body, and my energy level!

Carolee L



BEFORE



AFTER



BEFORE



AFTER

GetFit21
Is Not Just For Women!
Coach Jonelle Prescott convinced
her brother to follow the program.
Using the Complete, Balance and Unimate,
he will be the first to tell you... "It works" ...
In 6 weeks he lost 20 pounds and GOT
OFF of THREE diabetes medications!



BEFORE



AFTER

Kortney Kern
This program makes me feel energized,
strong, in control and beautiful!



BEFORE



AFTER

Paty Cruz
A picture is worth a thousand words.
The change in my life from GetFit21,
there can be no better reason to
dedicate myself to helping other
people to experience the same
change that I have had.



BEFORE



AFTER

Adi Loomis

Before participating in the GetFit21 program I had a strong habit of exercise, but my nutrition was not super great. I loved seeing the difference that our diet makes to whether or not we lose fat. I didn't have a ton of weight to lose to begin with, but I was able to really tone my body due to what I ate more so than the exercise I did.



BEFORE

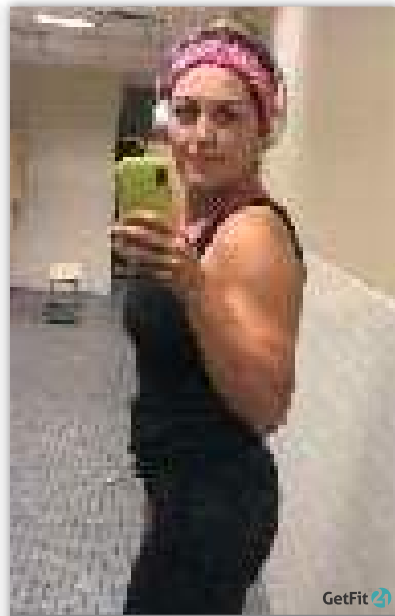


AFTER

Hettie Hansen
Losing weight, becoming healthy, and transforming your body is an incredible journey. It takes hard work, patience, consistency and perseverance. But first you have to find something that works for you! That's why I love GetFit21! Because it is not a quick fix, it isn't just a 10 day and your done type of deal. It is a habit adjustment that ultimately leads to a lifestyle change! It's a program that forces you to listen to your body, create positive habits and take control of your life!



BEFORE



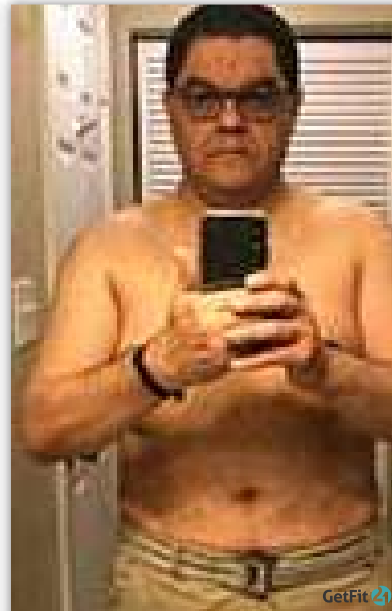
AFTER

Karen Jensen

"This is what happened when I found the GetFit21 lifestyle and finally quit making EXCUSES! I have always had a reason why I couldn't change my lifestyle. I travel, I work, I'm busy, my back hurts, my head hurts, I love sugar too much, it's too expensive. I decided to stick to the GetFit21 food list and trust it. These are the results of hard work and kicking my own butt every day. This program changed my life and the way I view food! No measuring, weighing, or counting. People ask me what it took to lose the weight. I love telling them that I ate food and lots of it!!! And the support group with Emily helped me stay accountable and believe in myself!!! I love this lifestyle!"



BEFORE



AFTER

Salvador Garcia
Thanks to the products of GetFit21, I've lost more than 60 pounds and found freedom from the following medical conditions such as hypertension, cholesterol, sleep apnea and pre-diabetes. All these conditions are a thing of the past, and so are the medicines related to them. Today I enjoy good health and energy; I'm eternally grateful to this program that changed my life -



BEFORE



AFTER

Yoyi Lopez

My life changed forever when I decided to take the big step toward a new lifestyle and improve my health. GetFit21 gave me the necessary tools for a healthy physical and emotional lifestyle, and I have lost 50 pounds in 6 months.

I got certified as a Coach so I can share my knowledge and experiences with family, friends, and everyone who needs it. I love GetFit21—it's the best decision I have made in my life.



Juanita Hales

As a family, we struggle with being obese. We tried repeatedly to get healthier but always quit after a few days. Diabetes and heart disease caused us to lose many family members and we felt hopeless.

We decided to join GetFit21. Sticking to a plan for only 21 days was something we could commit to. Through the coaching, education and encouragement of the group we finished our first program and have repeatedly re-enrolled.

The accountability pushed us to support one another and we all achieved AMAZING results. I personally lost tremendous inches and weight every step of the way as well as my mother and husband.

I gained confidence, positivity, energy, and closeness with my family! Now we share healthy meals, hikes and other fun activities that constantly keep us healthier!



Andrea Van Tassel

I have a 5 yr old granddaughter and a grandson on the way and I knew I needed to do something to get the energy I need to keep up with them! I have had little energy for years including brain fog, restless nights, never waking rested. I would need to nap twice a day. Last year I was I was put on diabetic medications. This program has done wonders for me! It is the most doable program I

have ever done! The shakes are delicious! I actually crave them! LOL! I feel sooooo much better! Within a couple of sessions, I realized I didn't have my brain fog anymore, I was sleeping so much better and woke up rested! I used to wake up stiff and achy but not anymore

I have lost about 15lbs. My family has all commented on how I'm up early in the morning without toothpicks to keep my eyes open! LOL!

My doctor took me off most of my diabetes medication. She said my recent blood work was perfect! I have friends who have joined this program because they saw what this program did for me. They said I was an inspiration! LOL! I've never heard that before! Boy did that make me happy! Getfit21 is so much fun. You meet so many people and get so many meal and exercise ideas. It keeps me accountable and it works!



Mary Lou Robinson-Storr

This program has given me a totally different outlook on life. After 21 days on the GETFIT 21 program, I am happy to say that I have lost 13.8 pounds and 14 overall inches. I am 55 years old and raising 5 grandchildren. I have more energy and I look forward to my daily 2-3 mile walk. I have eliminated one of my diabetes medicines. I want to be healthier and more active so I can do more things with my grandkids. I will repeat the program because I want to continue this journey, enjoying my new healthy lifestyle with the great support of the coaches!



BEFORE



AFTER

Sherry Hooper

When you can't bend over to tie your shoes, get winded climbing a few stairs and your daily shower is a workout, it's time for change! It takes commitment to make changes but with the GetFit21 program I'm changing from the inside out! I'm learning to listen to my body and make healthy choices after 59 years of unhealthy habits! I've gone from walking from the fridge to the couch to doing at least an average of 15,000 steps, 2-3 miles per day. Thanks to this amazing program I've lost 101 lbs. and I have my life back! Thank you GetFit21!

BEFORE

AFTER

GetFit 

GetFit 