Kelly Key

Cary, Illinois
30 pounds lost

Before Getufit I tried Noon and was on Weight Watchers for years

Married with two girls 12 and 15

I'm a special education teacher

I found Getufit and started to increase my muscle tone and learn how to eat right, which the other programs didn't teach!

Kelly's advice:

The accountability of getting on the scale daily and the daily contact with Irene via text is the key! I have learned the right combination of foods to eat to increase my metabolism, lose weight, have energy, and feel amazing! I love the monthly recipes and meal ideas and the Facebook site support is priceless. I use the [I8N!T3] work out channel 6 days a week. I absolutely love all of the options and the fact that the workouts are 30 minutes or less. I have more muscle than I ever have!