



36 SHARES

Brie B's ONE80 Helped Her Lose Dozens Of Pounds While Gaining A New Outlook On Health & Parenthood



Throughout high school, into her early twenties, Brie B. was known for her bright, cheerful personality. Her bubbly spirit always made her friends' days better. Her determined demeanor paired with an always-upbeat attitude were signs she was destined to achieve the goals she set out to achieve.

Following high school Brie's plans were to become a booking agent. And she was well on her way. She was finishing a communication degree while anticipating a move to Nashville where an internship in the music industry awaited. And then the course of her life changed.

After getting pregnant and having a daughter, Brie found herself in a see-saw relationship filled with memorable ups and too many traumatic downs.

"My relationship with my daughter's father was a back and forth thing. I tried to make it work a lot. Over time, the closer we got and the more in-depth our relationship got the worse things got."

During the months and years of trying to make it work, Brie realized the relationship was putting a strain on her daughter's health and development—and had taken a devastating toll on her own mental and physical well-being.



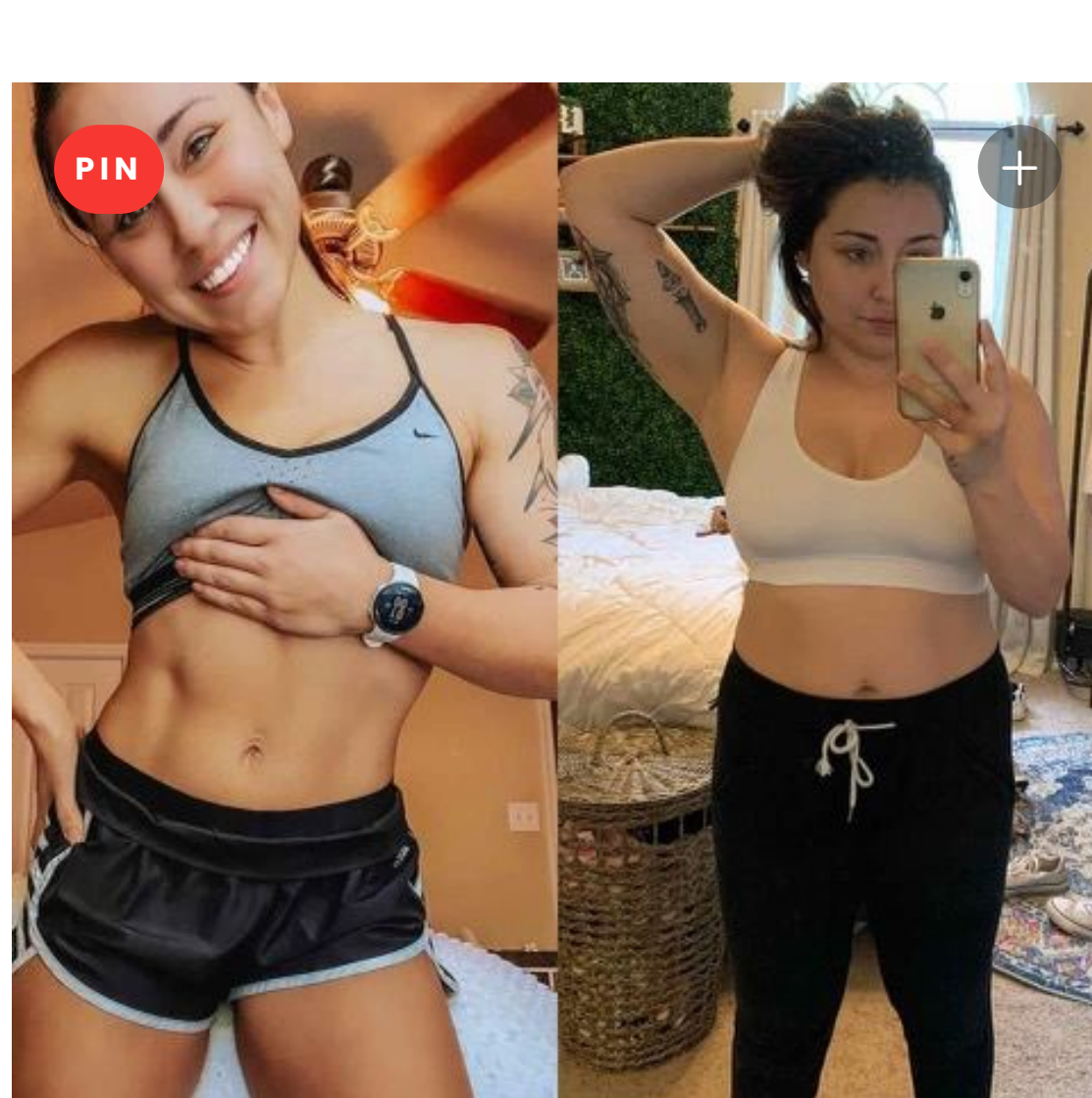
BRIE PLAYS WITH HER DAUGHTER BLAKE

"The last time I left I was just mentally exhausted. My self-esteem was shattered. I was done. I was gone. I had tried everything and literally had nothing left. My daughter would be sitting there already immune to the screaming and yelling. I said this is horrible. I don't want my daughter to see me like this, to be raised in this," says Brie.

After moving in with her mom, Brie found herself without a job because of COVID-19 shutdowns, admittedly overweight, and pondering what her next steps should be while raising her young daughter Blake. Without much of a plan, Brie received the motivation to take the first steps in turning her life around after a conversation with her sister.

"My sister was straight-forward and said, "Look, I'm doing ONE80 and I've had awesome results." She gave me the rundown about how I had changed and how the relationship had changed me. She said she noticed I was quieter and more introverted, that I lacked my normal self-esteem. She asked me to try doing a ONE80 because it would go a long way in boosting my self-confidence, and if nothing else I'd get that revenge body," adds Brie.

So Brie gave ONE80 a try. A ONE80 that delivered tremendous results for her physically, mentally, and emotionally.



BRIE B. LOST MORE THAN 40 POUNDS USING THE ONE80 LIFESTYLE RESET SYSTEM

"I ended up doing ONE80 twice and kicked ass. I dropped 40 pounds, lost 60 inches, and cut my visceral fat in half. Probably a lot more than the weight loss, so many positives came one after the other. My relationship had torn my self-worth down, but after ONE80 I got confidence and self-esteem back. I knew who I was again. I got my drive back. I'm back in school now studying chemical engineering. I'm an active, involved parent with my daughter. I'm not settling anymore. I have so much determination because of ONE80," says Brie.

Brie will be the first to admit that a ONE80 is definitely worth it, but it certainly isn't a walk in the park. She remembers the first three days really wearing on her mentally.

"I had doubts and didn't know if I could do it. I kept saying, "Who could do this for 30 days and I have 27 more to go."

And then things began to click.

"I woke up the fifth or sixth day and my mentality about the system had changed. I felt good. I had this energy I hadn't had which I thought was weird because I obviously wasn't eating as much as I normally do. I liked the simplicity of the meals I was eating and the way everything tasted, even just a lunch of chicken and spinach. I didn't have to think about what I was going to eat, or evaluate how it would make me feel afterward," adds Brie—who says since doing ONE80 that she has a newfound daily craving for the natural taste of vegetables.

By the third week of her ONE80, Brie began to see the noticeable body transformation that was taking place. By following ONE80's daily nutrition and supplement schedule, Brie began to feel less bloated, less inflamed, and saw the weight disappearing with each morning weigh-in. She remembers one particularly satisfying activity that brought a huge smile to her face.



"I know every girl does this, but I remember I tried on all the clothes and dresses that I used to fit in or hoped to fit into and I fit in all of them. I did that for like an hour. It was so much fun," says Brie.

By staying committed to and completing her ONE80, Brie now has a new outlook on what a lifestyle means to her. This outlook has influenced the positive trajectory of her daily actions and has set a path for her to follow toward a sustainable, long-term healthy lifestyle. That lifestyle now consists of doing old and new activities that produce healthy results, including getting back to running and being active with her daughter.

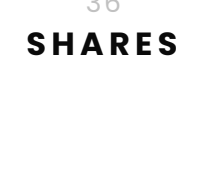
"I have a ridiculously close attachment to Blake and ONE80 has helped me become a more productive mother. When I was overweight and tired we'd just watch movie after movie. I'm running outside with her now. We're building a backyard oasis together, riding bikes. Now that I have a healthier mindset I feel that will be vital for her growth. To see her mom have all this determination and confidence will help her in the long-run."

That renewed determination has also done wonders for Brie's workout and fitness achievements and future goals.

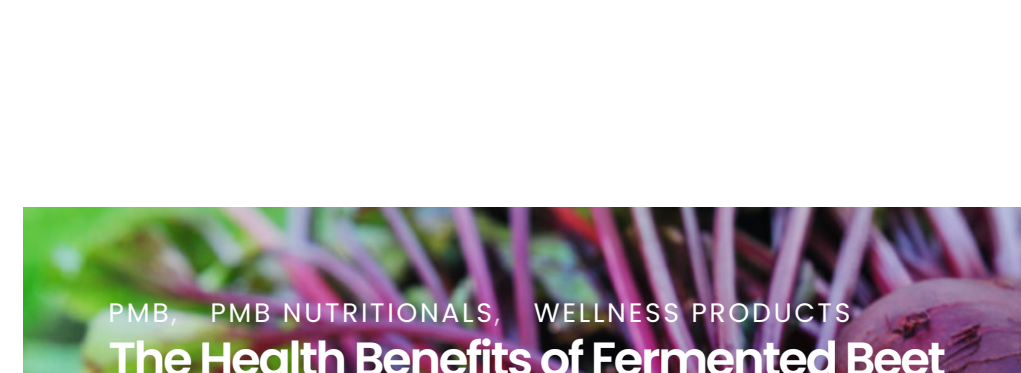
"I've always been a runner. I did track in high school, but it got so hard to keep it up when I had to lug around 176 pounds. I recently got my best mile time in years of 8 minutes and 28 seconds, which is crazy because that's what I did in high school. I'm also looking forward to getting into the gym and putting on muscle too.

For anyone considering a ONE80, Brie's words of advice are this, "Like me, you've probably paid hundreds of dollars on gym memberships, meal plans, coaching, therapy. If you're not happy with where you're at, if everything you've done up and to this point hasn't worked, why not give this a shot. If you're ready for a change this is it. All you need is that willingness to change and ONE80 will open up so much for you in all aspects of life."

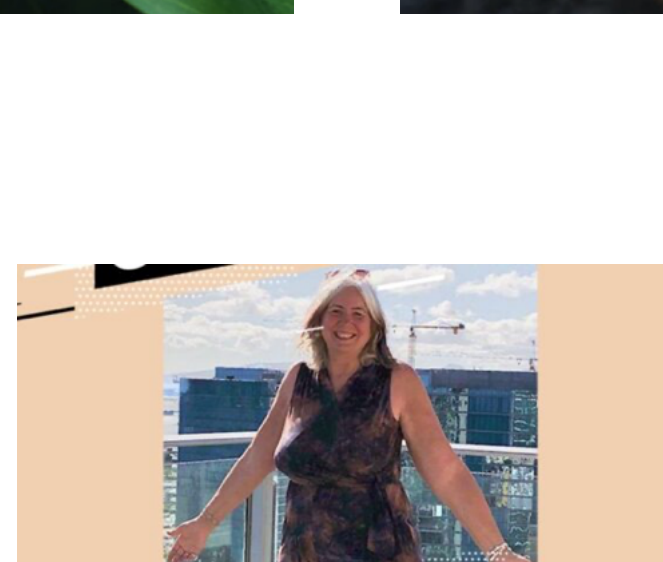
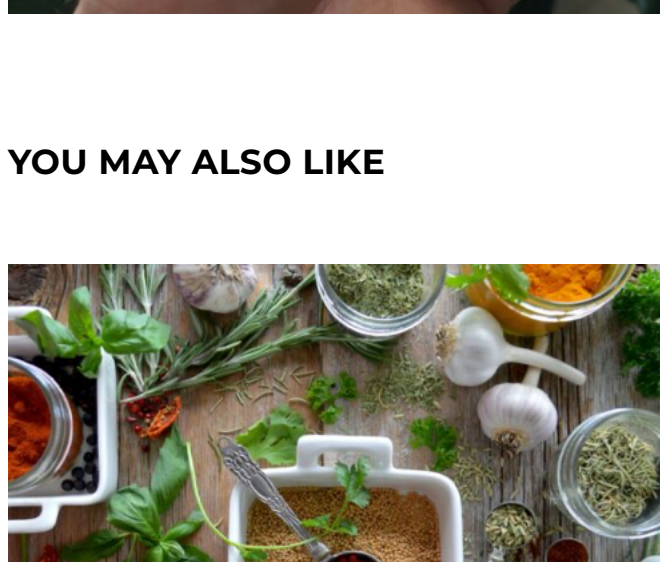
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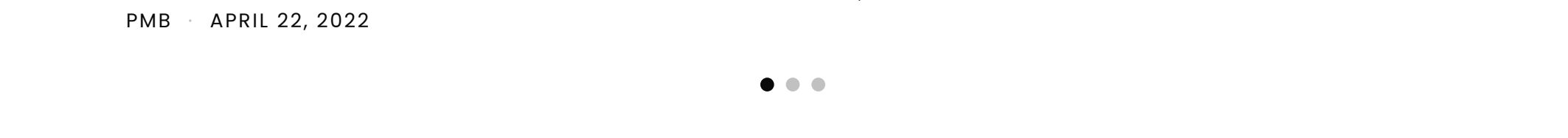
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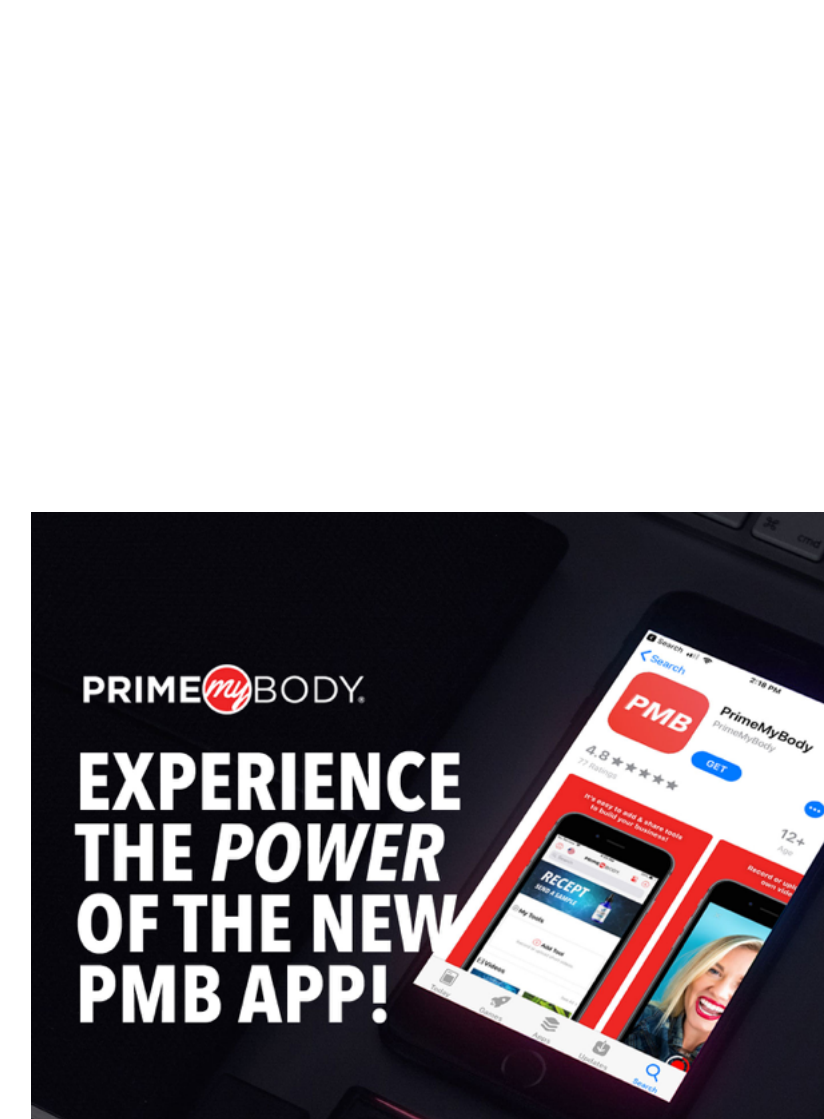
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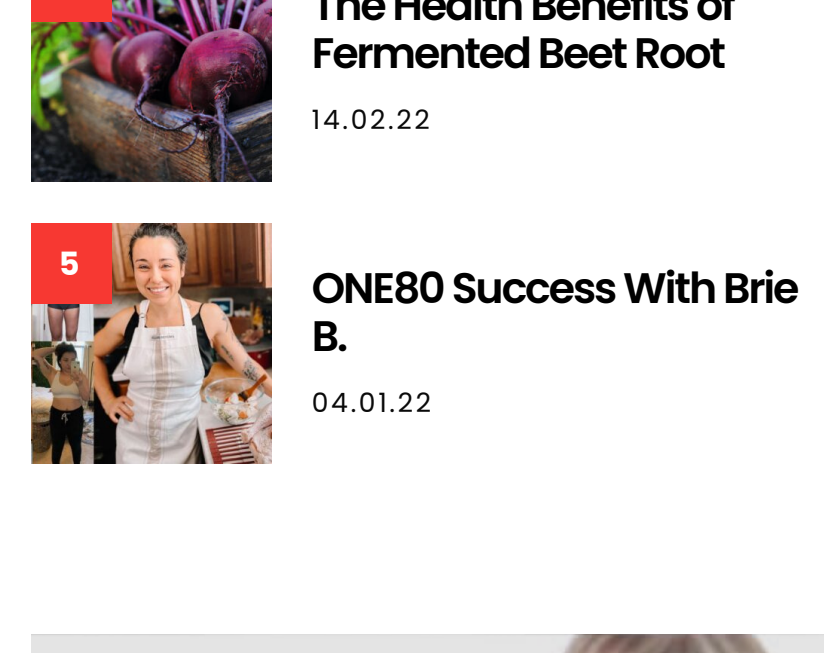
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