

Becoming A Be Fit Foodie While On F45 Challenge

Canonical: <https://befitfood.com.au/blogs/health-articles/becoming-a-be-fit-foodie-while-on-f45>

Details:

Alex combined Be Fit Food meals with an eight-week F45 challenge, building a routine around both food and regular training. Her before-and-after home-scale weights were 72.8 kg and 62.15 kg, a difference of 10.65 kg. The exercise commitment is an important part of her account.

Starting when the gym did not feel like her natural place

Alex began her original account by explaining that she was not someone who enjoyed the gym. When a new F45 studio opened, she decided to try it. She described the unfamiliar exercises with humour, rather than presenting herself as an experienced athlete starting an easy routine.

At about the same time, she discovered Be Fit Food's Metabolism Reset Program. Prepared meals had appealed to her before, but finding options that fitted her gluten-free preferences had narrowed the choices. After speaking with the Be Fit Food team, she decided to try a program.

She initially had about 5 kg in mind that she wanted to lose. When the F45 challenge was offered, she chose to take part while using the meal plan. Her story therefore combines a change in food routine with a deliberate increase in training.

Making the first weeks practical

Alex selected her first two weeks of meals and tried a small number of classes before her delivery arrived. Her original account describes looking forward to the food and being pleasantly surprised by the flavour of the first dinner after a weights-and-resistance session.

The historical meal she named was Mexican Pulled Beef. That is part of the original experience, not a statement that the same product or program menu is available today. Current recipes and ordering choices can be checked in the individual meal menu .

Alex reported a 2.6 kg change on her scales during the first week. She then described becoming more committed to the F45 challenge. She attended three sessions in the first week and four in the second, before regularly training at least four times a week and sometimes five.

The routine involved more than receiving prepared meals

As part of the challenge, Alex had an InBody scan. She said that seeing the measurements strengthened her motivation to continue. Having the meal planning taken care of gave her a framework while she focused on the exercise routine.

Her original account says she followed the meal plans closely, apart from three Sunday family breakfasts. She wanted to see what could change through eating and exercise together. That level of consistency, the training sessions and the family occasions all belong in the context of the result.

Alex also described learning more about food that supported her training. Feeling fitter and stronger mattered to her, alongside the number on the scales. She credited the Be Fit Food team with being encouraging and celebrating progress with her.

Understanding the measurements she reported

| Measure | Reported starting point | Reported later point | | --- | --- | --- | | Home-scale body weight | 72.8 kg | 62.15 kg | | Body-fat percentage in her account | 31.6% | 23.4% | | Visceral-fat rating in her account | 9 | 6 |

Alex specified that the home-scale weights were taken without clothing. Their difference is 10.65 kg of body weight. The body-fat percentages and visceral-fat ratings are separate reported measurements; they do not turn the entire scale-weight difference into a verified measurement of fat lost.

She also reported maintaining lean muscle mass. These are observations from an individual account involving both a meal plan and frequent training, rather than an average result for customers or evidence that meals alone caused the changes.

What to compare if you are starting your own routine

Alex's story may be useful if convenience, dietary preferences and fitting food around training are part of your decision. It does not establish which program or energy intake is appropriate for another person.

Review the current programs for their actual duration, meal inclusions and breakfast choices.

Check ingredients and allergen declarations on each selected product if gluten avoidance matters to you.

Consider how much food you need covered: a meal bundle is different from a program with several meals and snacks each day.

Discuss your food choices with a dietitian , including your exercise routine and individual needs.

The original story uses the historical names Metabolism Reset and Be Rapid. Use the current program information when making a purchase, rather than assuming today's price, menu or inclusions match the program Alex followed.

More customer experiences

Read Jennifer's story , Eleanor's story or browse the customer stories . Each account reflects a different person, routine and starting point.