

28 Days That Changed My Life - Geena

Canonical: <https://befitfood.com.au/pages/28-days-that-changed-my-life-geena>

Details:

Explore all real stories

Geena: Lost 4.2 kg in 28 days.

Geena wanted an approach to food and movement that fitted her life, and to stay active for her granddaughter. Her story is about making room for new habits within a full schedule, then noticing changes in everyday life.

Geena shares her experience of the 28-day challenge.

Watch Geena's story

Finding space for her own routine

Between running a coffee cart and helping families with sleep respite, Geena had a full schedule. She wanted to build eating and exercise habits that supported her lifestyle and helped her stay active as a grandmother.

Her motivation was personal: finding an approach she could fit around her commitments and the people who mattered to her. In her video, Geena shares her experience of changing her food routine and the difference she noticed in daily life.

Changes beyond the scales

Geena's reported result was 4.2 kg down in 28 days. She also described continuing to lose weight after the challenge, without giving a further total in this account.

Geena reported moving around more and feeling more positive. These were changes she noticed in her own life alongside the weight loss.

"I am able to move around more and I'm a lot more stable as my moods are better and I have more positivity in general." — Geena

This is Geena's individual experience. Results and timeframes vary from person to person.

Choosing food around a busy week

If Geena's full schedule sounds familiar, start with the practical parts of your own week. Decide which meals you want help with, which recipes you enjoy and whether you want a structured program or a selection of prepared meals.

For a structured plan: compare the current weight loss programs, including what is supplied with each option.

For meals that fit around your existing routine: explore healthy meal bundles or choose from the individual menu. Check each product for its ingredients, allergens and nutrition information.

For help deciding: book a free dietitian consultation and bring your questions about your routine and food preferences.

Questions about Geena's story

What was Geena's 28-day result?

Her story reports a loss of 4.2 kg in 28 days. It also describes further weight loss afterwards, but does not quantify that later change.

What motivated Geena to get started?

She wanted food and exercise habits that fitted her busy working life and helped her stay active as a grandmother. Staying active for her granddaughter was part of her motivation.

Do I need to choose a program to buy Be Fit Food meals?

You can also explore individual meals and meal bundles. A program and a meal bundle offer different levels of structure, so compare the current inclusions before choosing. Geena's historical challenge does not establish which package is right for you today.

Hear Geena's experience · [Read Eleanor's story](#)