



Interview with E.G., Viora ReFit Patient

Date: August 2, 2011

Patient: E.G., Female, 33 years old, mother of 2, recent finalist on Israel's *The Biggest Loser*

1. Talk about your experience on *The Biggest Loser* and your weight loss journey

I was always overweight growing up and always thought of myself as overweight. Being a contestant of *The Biggest Loser* was a once in a lifetime opportunity. I lost 42kg in 9 months and went from an overweight mother to one who was fit, in shape, caring about exercise, nutrition and the importance this has in my life.

The trainers were incredible and helped me at every step. They identified my weaknesses and helped me change the way I thought about everything, food, working out, how I view myself in the mirror, etc. They gave me the tools to continue this lifestyle on my own.

Everything is easier now – it's changed everything about how I think about myself and my relations with others, especially my children. I would not have been able to do it without *The Biggest Loser*. It took me about 14 months from start to finish to lose around 52kg. I've gained about 7-8 kilograms back in the following year but since then I've been keeping the weight off.

2. How did you go about that process?

It was a combination of exercise, a change in my eating habits, as well as changing the way I see myself.

3. What were your thoughts about your body/self-esteem upon achieving your weight loss goals?

I've never been thin and have always thought of myself as overweight. It's a new experience hearing such positive feedback from others as to how I look.

4. Why did you choose to undergo treatments for ST and Body Contouring?

From all the yo-yo diets in the past, and from my recent pregnancy with my son, my body was a mess. I did some research on what was available out there and I was ready for the next challenge!

5. Did you have any preconceived notions about the process?

I expected some discomfort but was really surprised at how little pain there actually was.

6. How did you hear about Reaction™?

I heard about Viora through my trainer at my gym. He knew I would be a good candidate for the ReFit procedure and after doing my research, I agreed with him.

7. What were your expectations before undergoing the Reaction™ treatments?



I was hoping for some improvement in my sagging skin on my stomach and arms but the results are more than I've hoped for!

8. What kind of discomfort or pain did you experience?

My skin immediately turns red but after an hour all the redness disappears. There's no pain at all.

9. What are your thoughts regarding the results?

I had treatments on my underarms and stomach - each area took 20min each session. The results are great and I'm excited as to how ReFit will change my life. I've seen a real difference in the loose skin on my stomach and arms. These areas look smoother and firmer.

10. Would you recommend this procedure to others?

Absolutely, in fact when I met another Biggest Loser contestant, and told him about these treatments, he was extremely jealous! I told him he had to do it as well!

11. How do you compare your own 'body experience' before the treatment and now?

These treatments, following *The Biggest Loser* experience have made a huge difference in how I think about myself. I no longer see myself as overweight and it's great to see myself in the mirror!



Before

After

Refit results after only 4 sessions

Photos courtesy of Viora