

CASE STUDY:

PFC Drives Sustainable Weight Loss Results

ABOUT PFC FITNESS CAMP:

PFC Fitness Camp holds the gold standard in fitness and weight loss with a science-based program designed and tested by top physicians and health experts in the industry. Partnering with the University of California, San Diego and renowned nutrition and fitness institutes, PFC offers a truly comprehensive approach proven to deliver effective, long-term Weight Loss results.

THE PROBLEM WITH WEIGHT LOSS CAMPS:

Most aggressive weight loss programs see 50% of weight loss from clients come from fat and 50% from lean muscles mass. What differentiates PFC is that most clients retain lean muscles mass and in some cases increase it during their weight loss. Research backs these results stating that the key to sustainable weight loss is to increase ones metabolism, which is most effectively done when lean muscle mass is activated.

PFC RESULTS: After one year of testing, UCSD found that the average PFC Client can expect to experience significant weight loss in a relatively short period of time. The program's emphasis on exercise as a means of preserving muscle mass while maximizing fat losses, combined with a the current dietary plan, explain the clear trend toward impressive fat loss with adequate maintenance of lean tissue. most of PFC long-term clients not only maintained lean muscles stores but even increase them compared to other weight loss programs.

DATA OUTCOMES



Rapid Weight Loss:

PFC Fitness Camp offers a comprehensive diet and exercise program that is successful in helping participant's lose weight rapidly.



Increased Fat Loss:

PFC clients can expect that the majority of their weight loss will be fat, and can expect to preserve much of their lean tissue and metabolic capability.



Maintained Bone Volume & Strength:

PFC clients show minimal bone loss indicating that the diet and exercise program provides sufficient stimuli to maintain bone volume and strength.



Of Total Weight Loss Was Purely Fat

It is very difficult to lose weight that is purely fat (60/40 fat to muscle is common from dieting). Outcomes show that PFC Clients not only lost majority of weight from fat, but increased lean muscle stores.