

Can a former fat girl become a 9/10+?

August 14, 2016 | 3 upvotes | by [corsega](#)

It seems that 9/10 or 10/10 girls are just naturally, genetically skinny, or realize that they need to work out to maintain their good looks.

Are there any examples of girls that were fat as a kid but lost the weight to become hot, or girls that let themselves go in college and gained like 80 pounds, only to lose it all and become hot again?

If so, pics pls, because I'm doubting that this happens.

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Comments

JackGetsIt • 5 points • 14 August, 2016 07:11 PM

Redpill women has a comprehensive guide on improving sexual market value for women. I have an ex that lost only 15 pounds and went from a 6 to a solid 8. It depends on if you have good genetics and facial symmetry under the fat. There are lots of overweight women that would look amazing if they lost weight. There's a book by Tim Ferris called the four hour body that has a chapter for women as well that's well researched and I've used with success to help female friends/ex's lose weight.

corsega[S] • 5 points • 14 August, 2016 07:20 PM

I'm not talking about a solid 8, though, I'm talking about a girl who lost weight and became something like this.

[deleted] • 3 points • 14 August, 2016 07:23 PM

Body wise, yes girls can become that skinny. Face wise, however, if they don't have a good face when fat, they won't have a good face skinny

[deleted] • 2 points • 9 September, 2016 02:41 PM

Yeah, she looks like she has a BMI of 17 or so. Of course you can go from overweight to underweight (or skinny, whatever you prefer to call that). In fact it's not uncommon for people who lose a lot of weight to then have difficulties with anorexia.

hunteer • 2 points • 15 August, 2016 09:46 AM

That's an 8 at best. No tits, no hips, but she's lean. Solid 8.

Kose2kose • -9 points • 14 August, 2016 07:31 PM **[recovered]**

To u that's beautiful. To me she looks anorexic and gross

corsega[S] • 4 points • 14 August, 2016 07:38 PM

shrug

Substitute any photo of a girl you consider a 10/10, then.

Kose2kose • 3 points • 14 August, 2016 07:48 PM*

to answer your question, if a chick was OBESE then no it will be hard for her to be 10/10 status, next to impossible because of loose skin and body deformation from being obese.

but a girl who was a little chubby can get hot again for sure.

also, it depends what her figure is like already. like she can be fat but still have a great shape because of where her body holds the weight. so you know when she loses weight she'll look slammin

fredgravy • 1 point • 14 August, 2016 09:55 PM

IMG_02 You mean like this?

<http://imgur.com/v4I2fVf>

50pluspiller • 1 point • 15 August, 2016 01:17 AM

Eh. Ass is too big.

Str8_Pillin • 2 points • 15 August, 2016 01:58 AM

<https://www.reddit.com/r/progresspics/top/>

Some can turn out alright. It seems that ~40lb - ~50lb is the max you can lose without having gross flabby skin afterwards.

[deleted] • 2 points • 9 September, 2016 02:40 PM

I lost 85 pounds. I'd say I went from a 2 to an 8. But it wasn't just losing the weight. I had to do a lot of other things as well - internal and other external changes.

[deleted] • 1 point • 14 August, 2016 07:22 PM

Search on google image christina aguilera before and after weight loss

futianze • 1 point • 14 August, 2016 07:29 PM

I'd say so. We see it in men as well. Although, if you are fat as a child and remain fat for a significant amount of time growing up, the effects of all that extra weight can become irreversible... Anything from hair thinning to looking older than they should be. Brains of overweight people age an extra 10 years compared to lean peers. All other organs are impacted as well. So I think it depends numerous variables such as how fat they are, the total time duration of them being fat, etc. I would say yes, a former fat girl could become a 9 or 10.

[deleted] • 1 point • 14 August, 2016 07:43 PM

You do hit a point where due to how much weight you put on, there's no way to recover from the physical damage done, but a simple google image search will tell you that there are success stories that end well.

faprmstrong • 1 point • 14 August, 2016 07:54 PM

Depends on how fat you are in the beginning,i mean that if you hold too much fat eventually even if you lose the weight your skin will be loose so in my eyes you can't be a 9,BUT if you just have some fat and you lose it i think yeah you can become a 9 if the rest are 9 level(face,ass, etc)

[deleted] • 1 point • 14 August, 2016 08:26 PM

I've never seen someone morbidly obese become that hot. But I'm sure it happens all the time with people 30-50 pounds overweight.

Spread_The_Red • 1 point • 14 August, 2016 09:02 PM

Fat is hard to lose in certain important areas and being overweight does alot of damage to your body and not all of it can be reversed just by losing weight, specifically flabby arms and stretch marks. It's possible for a slightly overweight girl to drop the weight and look good but it would be shocking to see a hamplanet drop 125-200 pounds and look stunning

jzekyllandhyde • 1 point • 14 August, 2016 10:32 PM

I've seen fat women with faces that were pretty but the body is repulsive. Simple weight loss would make them fine.

9s and 10s probably wouldn't come from something like this because drastic obesity would throw off proportions

of the body.

Personally 9s and 10s are status symbols more than anything else so who cares

Woujo • 1 point • 14 August, 2016 11:13 PM

yeah it is possible but normally people are fat because they have bad habits and a bad mindset and that is incredibly difficult to change.

RunawayGrain • 1 point • 14 August, 2016 11:35 PM

Are there any examples of girls that were fat as a kid but lost the weight to become hot, or girls that let themselves go in college and gained like 80 pounds, only to lose it all and become hot again?

When I was in school there was a girl a couple of grades behind me that was a 9. When i started a job in college administration, she applied and I ran into her. She was a land whale by that point. A few years later she had lost the weight, had a nip and tuck, and was hot again.

A few that are both hot and relatively intelligent get it that being hot makes their lives way easier. Even fewer then apply themselves to staying hot, but it does happen.

marianasentmenudes • 1 point • 15 August, 2016 02:37 AM

Of course. It just depends on when you lose that extra weight. She can be a 9/10+ if she loses it during her late teen years or before. If she's still fat after graduating from college/22 years old, she'll most likely never become a 9/10+

beachbbqlover • 1 point • 15 August, 2016 03:28 AM

In high school there was a chick who wasn't fat, but she was 2/10 ugly. She had a chipped tooth under braces, lazy eye, acne, glasses, and her hair seemed like she hadn't showered in a week.

She disappeared for Grade 11 summer, and came back a good 7/10. Braces fixed, tooth fixed, laser eye surgery, on proactive. I guess she decided enough was enough, and wanted to be something more.

Jikira • 1 point • 15 August, 2016 12:59 AM

If you go on pro ana website there was some pretty amazing transformation from former obese girls.

648262 • 0 points • 15 August, 2016 12:45 AM

Turn it around. Can a 10 become fat and not 10?