



Celebs > Looks

A Look At Pam Bondi's Weight Loss Transformation

By Tony S

March 15, 2025 12:00 pm EST





Pam Bondi has earned every compliment that comes with her stunning transformation. In throwback pictures where Bondi almost looks unrecognizable, the U.S. Attorney General was 50 pounds heavier. But as is typically the case with many fitness enthusiasts, starting her weight loss journey was the hardest part for Bondi. Especially when Bondi's career in politics wasn't conducive for a consistent training routine. "But, when I do exercise, I feel better, and it gives me more energy, and it makes me a more positive person," she said in an interview with Elysian.

What might've also helped motivate Bondi to get back into shape were the comments she'd stumble onto online that mocked the Florida native's figure. "I am a grown adult, and when I read horrible, personal attacks about me — she's fat, she's ugly, she's whatever — it hurts. As a human being, it hurts," she said to point out the risks of social media. Bondi's dramatic metamorphosis shows the difference shedding a few pounds can make. She not only looks lighter, but even her face seems more refined. Thanks to her new appearance, however, Bondi has also been plagued with plastic surgery rumors that she can't escape.

Although some medical experts think it's possible she went under the knife, they also believe she simply benefited from good old-fashioned exercise. "A good portion of the changes in Pam Bondi's face shape can be attributed to her 50-pound weight loss in 2024," Dr. Sean McNally said in an interview with Irish Star.

How Pam Bondi begun her weight loss journey





Samuel Corum & Andrew Harnik/Getty & Joe Raedle/Getty Images

Pam Bondi finally committed to a workout routine that would produce the results she enjoys today. But her new regimen wasn't without considerable sacrifice. She had to give up sweets and processed foods, and had to follow a clean diet that consisted of lean protein and vegetables. She also hired a personal trainer to keep her on a set schedule. Bondi initially thought she wouldn't have been able to make the best out of her new health program because of her political obligations. As time went on, however, she exceeded both her expectations and limitations. Additionally, the former Florida Attorney General fell in love with a workout that was much better for her body than loving sweets. "I love doing yoga; it keeps me mentally focused and relaxed," she said on the National University of Singapore's Blog (via [We Got This Covered](#)).

Since then, there are far fewer voices criticizing Bondi's body, and more admiring her transformation while asking her for lifestyle advice. "I want people to know that there's no quick fix," she advised her admirers. "If you're willing to put in the effort, you can achieve it."

Recommended
