



MODULE FIVE

Biohacking Secrets To Live Longer & Lose Stubborn Belly Fat



*A system for fat loss,
unstoppable energy,
and longevity*

***Achieve mastery over
your body.***

***It always seems impossible
until it's done.***

- Nelson Mandela

A Science-Backed System

Create lasting change to lose weight, reverse aging, and destroy stubborn belly fat without relying on willpower or spending hours in the gym.

Intermittent Fasting

***Lose 10, 20, 50 pounds
or more.***

Intermittent fasting

- Eating pattern that cycles between periods of fasting and eating.
- You're either in a fed state or a fasted state.

**Some of my clients eat during
these windows**

9 to 5

10 to 6

11 to 7

Tips during your fast

- Stay busy
- Stay hydrated


Tips during your eating window


- Don't overeat
- Eat veggies, salad, and high-quality protein like lean meats, fish, and poultry, and healthy fats like wild-caught salmon, nuts, and avocado.

CALORIE DEFICIT

How much you eat and what you eat is the science behind weight loss.

- Cut 250 to 500 calories from your diet daily
- Cut back on empty calories like alcohol, processed foods, and sugar. They cause inflammation in the form of belly fat.

 Always check with your doctor first, and see if this is a good plan for you.

 Especially if you're taking medication or if you have a history of eating disorders.

The problem...

Stress might be blocking you from losing weight.

If you're turning to food for comfort when you're feeling stressed, this is the problem.

What you can do to avoid stress

Exercising regularly is one of the most powerful things you can do for weight loss, mental and emotional health, and longevity.

Gotten off track?

**Here are a few steps
to jump-starting
your fitness routine.**

1 - Create accountability.

- Accountability helps you stay on track with your health and fitness routine.
- Create accountability with a friend or hire an expert.

2 - Build a simple routine and buy some equipment.

- Some certain moves generate greater results than others: push-ups, squats, lunges, and planks.
- Small investment in equipment can make a world of difference: kettlebells, resistance bands or a TRX, dumbbells.

3 - Increase your outdoor exercise activity.

- Outdoor exercise improves everything from immune health to anxiety.
- Take a walk, ride a bike to work, go hiking.

4 - JUST DO IT

Just do something.

Perfect is the enemy of done.



THANK YOU

See you in Module Six

