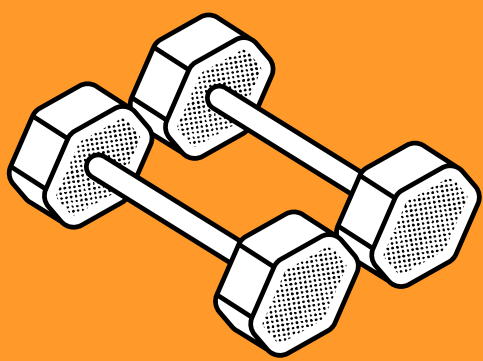


A SIMPLE GUIDE TO GETTING LEAN

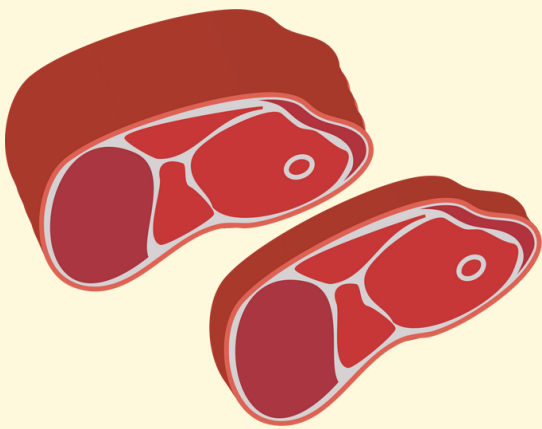
Focus on strength training instead of cardio!



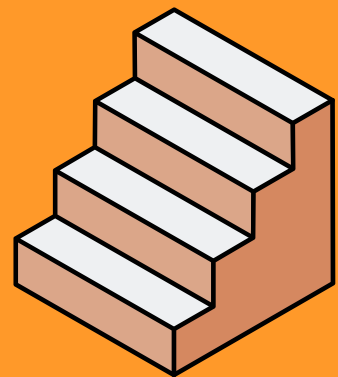
Track your water and avoid drinks that are high in calories.



Aim for 1 gram of protein per pound of body weight.



Find ways to move more (take the stairs instead of elevator).



Avoid overeating by choosing foods high in protein and fiber.



Prioritize sleep to reduce cravings.



Don't forget to be flexible and enjoy the process. Diets are not supposed to last forever.

