Ignite

Unlock Rapid Results with 4 Insider Tools from Our Ignite Method



Transform Your Body with The Ignite Method

If you've been feeling stuck with your weight loss—or just want a smarter, more sustainable way to reach your goals—you're in the right place.

At I**nside Health**, we've helped hundreds of clients transform their bodies and their energy using our proven **Ignite Method**. This approach is rooted in real science, not gimmicks—and it's designed to work with your body's natural rhythms for faster, long-lasting results.

Here are **4 of our favorite** tools from the program—simple, actionable strategies you can start using today to spark progress and feel amazing.





Ignite Your Results

4 Simple Strategies That Work

1

Linner: The Power of an Early Final Meal

Linner isn't lunch and it isn't dinner—it's the meal in between. Eating your final meal between 3:00 and 5:30 PM supports your body's natural rhythm and makes intermittent fasting easier. Instead of skipping breakfast, try ending your day early. This simple shift can have a major impact on your metabolism and weight loss.

2

40 Squats After Every Meal

Do 40 bodyweight squats within 30 minutes of eating. Why? This quick movement helps burn the blood sugar spike from your meal before it gets stored as fat. It's simple, fast, and incredibly effective.

3

A 24-Hour Fast (Breakfast to Breakfast)

Once a week, try eating a high-protein breakfast (eggs and meat cooked in butter), then fasting until breakfast the next day. This kind of structured 24-hour fast gives your digestive system a break and your metabolism a reset—without starving yourself.

4

Prioritize Protein & Non-Starchy Veggies

Focus on protein-rich meals paired with low-glycemic vegetables. These foods keep your blood sugar stable and help you stay full longer. Avoid processed carbs, sugary snacks, and high-sugar fruits—they work against your goals.



Want to learn the full Ignite Method and get the tools, recipes, and accountability to reach your goals?

Message me to join our Online Ignite Membership and get started today.