

How to be a **FAT-Loser**



You are designed to lose fat! It's a good thing to be a Fat-Loser!

Here's a taste of what to expect from our popular "How to be a Fat-Loser" course, built into Ignite365 at NO EXTRA CHARGE!

- Informative videos, available to watch at your own pace
- Tons of downloadable resources including the full Fat-Burning Diet and Strategy
- Dietary recommendations that put you in control
- Gain the knowledge of what to eat and when to eat it
- Learn the exercises that truly burn fat instead of wasting your time and energy
- How to test your own blood sugar and ketones in order to know you are burning fat
- End up burning more fat while you sleep than most people burn at the gym!
- Weekly live coaching calls to ask questions and get the latest insights

Start today with the following quick and easy tips!

Make these small changes and see what happens! When you see what's possible, imagine what else awaits you inside Ignite365!

- After each meal, do 40 squats or take a 10-minute walk to help manage blood sugar
- Eat your last meal around 3:00 pm. No more meals or snacking for the rest of the day – only water.
- Focus on high-quality, low-processed meats and vegetables (preferably organic)



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