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PEAKS COACHING GROUP

Name of Article: Effective Weight Loss: SEVENTEEN CHARACTERISTICS OF AN EFFECTIVE WEIGHT LOSS PLAN

Author: Dr. Bill Misener @ E-Caps

1. Reduce current refined carbohydrate intake by 50%.
2. Increase raw food vegetable and fruit intake by 25%.
3. Drink a minimum of 10 x 8-ounce glasses of water per day [chose either steam distilled or bottled water that is "chlorine and fluoride free"].
4. Cease eating after 7:00 PM.
5. Reduce or omit meats [excluding salt-water cold water fish] and dairy byproducts.
6. Exercise activity is conducted at or below 75% VO2 Max Heart Rate.
7. PERIODIC Short-term weight loss of 2-5 pounds weight loss in 20 consecutive days, followed by seven days NO calorie restriction before repeating a 2nd 20-day protocol.
8. Recommend no more than 1 pound weight loss each week.
9. Do not go below 1,500 calories per day.
10. Refer to the Food Guide Asian or Mediterranean Pyramid and Dietary Guidelines.
11. Focus on limiting fat and processed food intake rather than calories.
12. Encourage 30 minutes minimum exercise per day.
13. Include a variety of nutritionally balanced foods.
14. Minimize hunger, no-starve periods.
15. Encourage setting realistic weight loss goals and making slow, moderate changes.
16. Precedes an established lifelong "Lifestyle" protocol, balancing caloric intake with expense.
17. Remove man-made fats [TFA-Trans Fatty Acids-also know as partially or completely hydrogenated vegetable fats]; found in almost all processed baked goods.

The closer you come to adhering to these guidelines the greater success you will have. As always, if you have any questions once you begin using this product, we are here to help.

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Contact Us:

www.peakscoaching.com

info@peascoachinggroup.com

Address: 414 Jackson St. Bedford, VA 24523

Phone: 540-587-9025 fax: 540-586-5715