



# INTERMITTENT FASTING TIPS & TRICKS



## 1. Exercise

Just 30 mins a day most days of the week is enough to boost your metabolism and melt fat fast.



## 2. Drink water

Staying hydrated is the best way to curb hunger pangs and keep cravings at bay.



## 3. Track your progress

Tracking your start & stop times is sure to keep you on target.

# Intermittent Fasting Tips

**J Ma**



## **Intermittent Fasting Tips:**

Discover tales of courage and bravery in is empowering ebook, **Intermittent Fasting Tips** . In a downloadable PDF format (\*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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