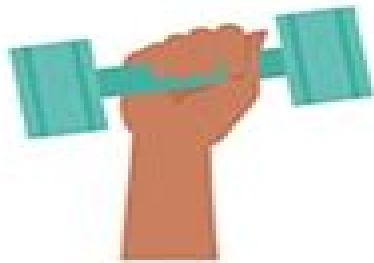


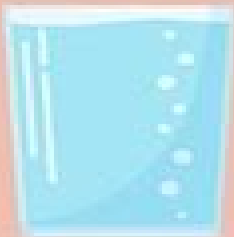


# INTERMITTENT FASTING TIPS & TRICKS



## 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

**Raffaela Di Napoli**

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can take a break f7 fm7 bb c bb7 i m a hot air balloon that could go to space f7 fm7 bb c with the air like i don t care baby by

the way chorus bb7 db because i m happy cm cm7 f7 clap along if you feel like a room without a  
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