

A FEW ARTICLES TO GET YOU STARTED

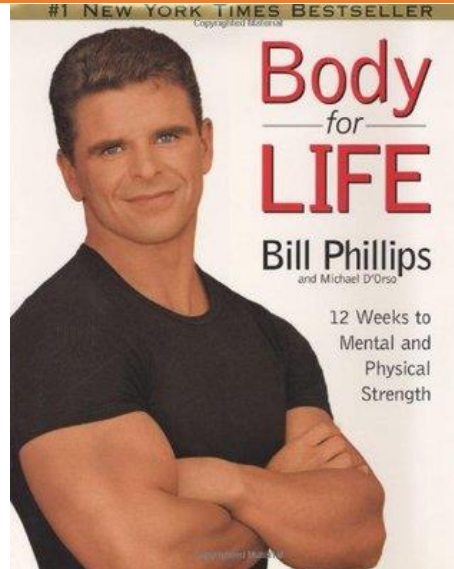


Why a high protein diet is so effective at promoting fat loss.
TheFatLossHabit.blog

Why a high protein diet is so effective at promoting fat loss.



Top 5 Priorities of Effective Fat Loss and Looking Great!



5 Reasons Why Body for Life is Still a Great Program



If You Aren't Logging Your Food You're Flying Blind



Want to Transform Your Body? Stop Prioritizing Cardio.



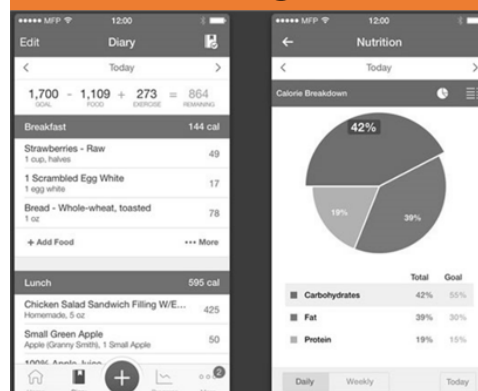
If you want to transform your body, replace the mindset that cardio is how you burn fat. Exercise burns fat and strength training helps preserve muscle. TheFatLossHabit.blog

Why you should prioritize strength training, especially on a diet (UPDATED with FREE workout program log)



THE NO EQUIPMENT, NO EXCUSES WORKOUT

Some People *Hope* for results, While Others Log Their Food.



Hope Isn't a Method. You must Log Your Food. Just Doing Cardio Will Not Cut It