

**TOP SECRET**

**3 Secrets of  
Diet & Exercise**

**EXPOSED!**

**by Dawn Sylvester**

## **Disclaimer:**

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this ebook is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this ebook, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including any exercises in Final Fat Meltdown. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years of age.

Please discuss all nutritional changes with your physician or a registered dietitian.

### **Waiver and Release of Liability:**

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## ***3 SECRETS OF DIET AND EXERCISE EXPOSED!***

Fad diets and trends come and go, but some things about how our bodies work, remain the same. The methods that you are about to discover are the ones that will unlock your fat burning hormones, and turn off the fat storing hormones that keep you from shedding unsightly pounds.

If you have followed diets and extreme calorie restrictive methods in the past, you most likely lost weight temporarily and then gained it back. Maybe now, you can't even seem to drop 10 pounds. Sound familiar? You have broken your metabolic rate and lost muscle, and by doing that it would be impossible to lose even five pounds unless you were to keep on restricting calories over and over, getting weaker and maybe even ill. Here are the three secrets that will not only have you dropping weight in a week, but will make sure you keep the weight forever.

This plan will reset your hormonal balance and have your body burning through calories all day long, even while at rest. You will be energized. You will put on and keep lean muscle tissue. Your metabolic rate will stay high. Your urges to binge on sugary useless carbohydrates will be gone. The weight will come off, and stay off. Your hormones will repair and regain their youthful balance. These are the keys to keeping a lean, firm and tight body, at any age.

**Here are the 3 Secrets of Diet and Exercise that will help you lose the weight, and keep it off so that you regain that sexy youthful body and never follow a new trend or fad again!**

# ***SECRET #1***

## ***EAT PROTEIN WITH EVERY MEAL.***

Protein is the mainstay of any athlete or person that has a lean, tight, strong and sexy body. When we don't eat enough protein, our muscles will deteriorate, even if we are working out. In order to raise your resting metabolic rate, you need to add muscle to your frame, and feed it protein in intervals throughout the day. I recommend eating 3 meals and 2 snacks daily containing protein. The minimum is one gram of protein per lean pound of bodyweight.



## **SECRET #2**

### ***BUILD LEAN MUSCLE TISSUE.***

In order to raise your resting metabolic rate, you need to add more muscle to your frame. This is done by putting a demand on the muscles that they are not used to. Doing cardiovascular exercise as in running, cycling, and swimming, burns through precious muscle tissue.



The key way to add muscle to your body at any age is to do either bodyweight exercises that target the entire body, or, to use added resistance. Kettlebells, dumbbells, barbells, and tools that challenge the muscles are the proven way to add more muscle, thus raising your resting metabolic rate. If you have a sluggish metabolism, nothing will kickstart it into high gear faster than exercises that uses your biggest muscles as in your legs and glutes, back and chest.

## **SECRET #3**

### **KEEP THE BODY FULL AND ENERGIZED WITH NUTRIENT DENSE FOODS.**

Useless calories, trans fats, diet foods, and simple carbohydrates all slow down our energy levels and our metabolic rates. They also lead to obesity related diseases later on. Fill up on healthy fats and complex carbohydrates to feel energized, satiated, and never store them as fat. Eat for what you will be doing next. Get rid of all sugary and starchy carbs in the last two meals of the day for rapid weight loss.



These are the **3 Secrets of Diet and Exercise** that will change your body and energy levels forever.

For the complete plan, please read [Final Fat Meltdown.](#)