



What can curb fat loss?

The best overall fat-loss formula is: **A low-calorie carbohydrate-rich diet + superhydration + intense exercise + extra rest and sleep + quality supervision** (which includes good coaching, feedback, and group dynamics). The following can go wrong:

- Not following the diet strictly. Eating too many or too few calories.
- Not drinking the required one gallon of ice water daily.
- Not walking 30 minutes after your evening meal.
- Too little sleep. Research shows that 8.5 hours per night is ideal for people 40 and older. Even 30 minutes less than 8.5 per night can throw the system off.
- More than twice a week X-ForceBody training. Also, too much "other" activity can curb fat loss.
- Too much stress in the life. This makes the body hold on to fat.
- Quality coaching and proactive group dynamics can help awareness of the above.
- PATIENCE

The ideas to continually push are ...

- ✓ **Strict dieting**
- ✓ **Hard, brief strength training**
- ✓ **More rest and sleep**
- ✓ **Tranquil lifestyle**
- ✓ **Walking**
- ✓ **Proactive teaching**