

Fat Loss)

Before reading this take a deep breath and at the same time make yourself dedicated 😊

Dite

Don't's

- Avoid Sugar & Milk tee
- Avoid Juice
- Avoid Fast food

Do's

- Shift Dinner time 7:00 pm (intermittent fasting)
Breckfast meal 10:30 am
- In your meal plate fill half the plate with salad.
- Chew half a tsp of white sesame seeds after any 2 meal
- After dinner take a TRIFLA GUGGULU (500mg)

Calorie deficit (Sort technique)

- Begin by running 20 to 25 min at Max strength and increasing day by day
- Keep your stomach taut inward for Max time during the day
{By doing this you will feel some discomfort for 5 days}

WARNING- If you think you are full then you are on the wrong track

- Your heart beats faster. ... In turn, the need for more oxygen leads to increased breathing and heart rate. And such a form of activity is called **cardio** exercise

Notes: Cardio is a very important aspect of your workout routine. As it burns fat at an extremely high level, It is vital to always keep your body on its' toes as it responds at a higher rate this way.
