

Avatar- sarah is 30yrs old ,, wants to lose weight, she has an excess of 10lbs of fat that she wants to lose, She is stressed all the time and being in the house all the time she wants a way to stay fit. Her husband is out working, while she is a housewife, Her physical state is becoming a factor in her happiness, preventing her from living her life to the fullest, she craves to have a body similar to when she was younger,

Pains-having trouble keeping food cravings (and weight) under control even though She has a very healthy diet by most standards, has been trying to lose weight for some years now even if it has never been a real problem, having to juggle between training and personal commitments, stress level has gone to the stars and when she gets stressed she tends to eat quite a lot. not as young as she used to be so the extra gym sessions are no longer enough to put down some of the weight she has been putting on lately. She has tried to lose weight multiple times but with no success. She has body issues such as pains, aches and constant sickness.

Dream- Lose weight effortlessly, live a healthy lifestyle, get rid of their cravings and be able to eat whatever they want without getting addicted and putting on weight. Being able to show their family and friends the transformation, wants to live a life where she isn't stressing over which foods will make her fat and which won't.

Roadblock- Her diet and training, with her age being a factor she is going about it all wrong, her stress is preventing her from controlling what she eats. Always feels tired and has no motivation to workout. Has body issues such as aches and pains, fatigueness and lack of focus. She feels overwhelmed.

How does the product help- The product offers a new way to go about losing weight and being healthy, it introduces intermittent fasting, fasting will help the body to not only lose weight but also be in a more healthy state. It provides a better approach than other diets because it utilises a realistic approach that works for everyone, everyone who refrains from eating will have a healthier body

Improved version

It's time for you to lose that excess weight with a simple method.

Do you constantly find yourself having a harmless snack and before you know it you have devoured a whole meal.

The constant promises made by celebrities on social media who touch up their pictures and give you a promise that you will lose weight, Only for you to try it and be back to square one.

Your dream of having the body of a model and being able to devour your favourite foods every week is closer than you think.

You see your poor diet, training and hormone levels are the reason you can't even shed 1 pound of fat let alone 10 pounds.

You don't want to go about this wrong and invite new problems into your life such as hair falling out from ruining your hormone levels, or even worse injuring yourself from not training correctly.

If done right you will look like a model in no time with less effort than what the average person does.

Your only way to achieve that dream life is to [click here](#).

Old version.

It's time for you to lose that weight.

Do you constantly find yourself having a harmless snack and before you know it you have devoured a whole meal.

The constant promises made to lose weight only for you to go back to square one.

Your dream of being in the best physical state ever, to eat whatever you want without gaining weight is closer than you think.

Your diet, training and hormonal levels are the reason you are where you are at.

There is a secret, The secret that will fix all your problems.

The secret that will get you the body of a young adult.

With the added benefits of becoming disease free, never get sick and never experience problems with their body again.

Your only way to achieve that dream life is to [click here](#).