

Why Your Still FAT

%FIRSTNAME%

You are probably wondering why you feel you've been doing everything right but everything looks wrong.

YET you're still Fat.

I know you've been exercising and obviously been following your diet and denied yourself some privileges you once felt entitled to.

But then you usually do this on weekdays and when the weekend arrives you tell yourself why not live a little and treat yourself with what your body craves. You get wasted on the weekend (Not knowing alcohol and sugary drinks hide a lot of calories)

Then the weekdays come . You over train and probably starve yourself almost to death to compensate for the compromise during the weekend such that you won't feel bad.

And then you see no CHANGE and tell yourself things like maybe its genetic or its meant to be the way you are coz you genuinely feel you been trying so hard but all in vain

Am 100% sure your fat loss journey makes you feel like you have been living in hell .

I know people that have burned fat didn't have to feel like they are punishing themselves. They haven't been starving themselves or compromising on the weekends.

This can be you too but you must remember the most important thing about this .

IT'S A MARATHON NOT A SPRINT

So do not give up yet coz I got you.

You need order and a plan that will slowly build a mindset that can make you lose fat without having to live like hell and punishing yourself

Your meal preps , workout routine and a software that will track your calories will be available at the program whose link I will send when you reply with “cut” . Your spot belongs to you and should not be claimed by someone else. Remember our main goal is to make sure you are committed and consistent.

Commitment will allow you to start but most importantly **consistency** will allow you to finish.

Best regards,
%FIRSTNAME%