

FOUR RULES OF SUCCESS!

#1 PROTEIN	#2 NO GRAZING
<p>Eat protein first at any meal. Protein will help rebuild cells and is a natural appetite suppressant. Strive for 60 grams per day. Carbohydrates will stimulate your appetite.</p>	<p>It is possible to “out eat” this surgery by eating very small amounts all day long. We are still the product of calories in versus calories used. You can consume a lot of calories by constantly grazing.</p>
#3 DRINK WATER	#4 EXERCISE
<p>Water will allow your internal organs to work more efficiently so that they can burn the maximum of fat. Strive for 64 ounces per day.</p>	<p>Exercise is the key to maximum success and is the most important of the 4 rules. Exercise will help you to reach your goal weight and maintain your weight loss long term. Strive for a vigorous workout at least 3 to 4 times per week.</p>

For more tips go to my website- <http://www.wlscenter.com>