

12 STEPS

To Permanent Weight Loss, Fitness & Health

...THE SENTIENCE WAY OF LIFE

Practice, Master and Live the Following Steps

- 1 Increase water intake daily
- 2 Eat 5 meals per day, every 3-4 hours
- 3 Only eat when hungry, stop at 80% full
- 4 Eat more during the day and less after 6pm
- 5 Exercise: 3 x resistance and 2 x cardio workouts per week
- 6 Include quality, lean protein with each meal
- 7 Eliminate white flour products and refined or processed sugars
- 8 Add healthy fats daily and remove unhealthy fats
- 9 Add vegetables or fruit to each of your meals
- 10 Reduce or avoid alcohol
- 11 Aim for 8 hours sleep daily
- 12 Have a 15min daily practice to reduce stress

