



KICK START FAT LOSS

Just before Kick Off.....

Please may I stress a few **VERY IMPORTANT POINTS!!!**

This is all or nothing! Cheating is not allowed.

Give it 1000%

You have to follow it. There cannot be “I’ll follow it today but I’m out tonight so I’m okay to have wine” **no NO and NO!!!**

No “I’m feeling pre-menstrual so I need a “sweet fix”. That’s a No No too!!

There is a no cheat day, treat day, or sweet day or “I’ll start it slowly”

I want you to give it everything you have got!

Can you do that??? (I know you can)

It’s up to you now. I hope you won’t cheat (I make my husband hide the treats that we have when the children have gone to bed!!)

In the first few days you may not feel great if you have chosen to give up coffee. You may feel moody and irritable. This is because you are addicted to caffeine, sugar and processed food and you’re going cold turkey!

Ladies, I hope you are ready to feel healthier, feel fitter and feel fabulous! – I look forward to seeing you very soon xxx