



INTERMITTENT FASTING TIPS & TRICKS



1. Exercise

Just 30 mins a day most days of the week is enough to boost your metabolism and melt fat fast.



2. Drink water

Staying hydrated is the best way to curb hunger pangs and keep cravings at bay.



3. Track your progress

Tracking your start & stop times is sure to keep you on target.

Intermittent Fasting Tips

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Intermittent Fasting Tips:

Uncover the mysteries within its enigmatic creation, **Intermittent Fasting Tips** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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