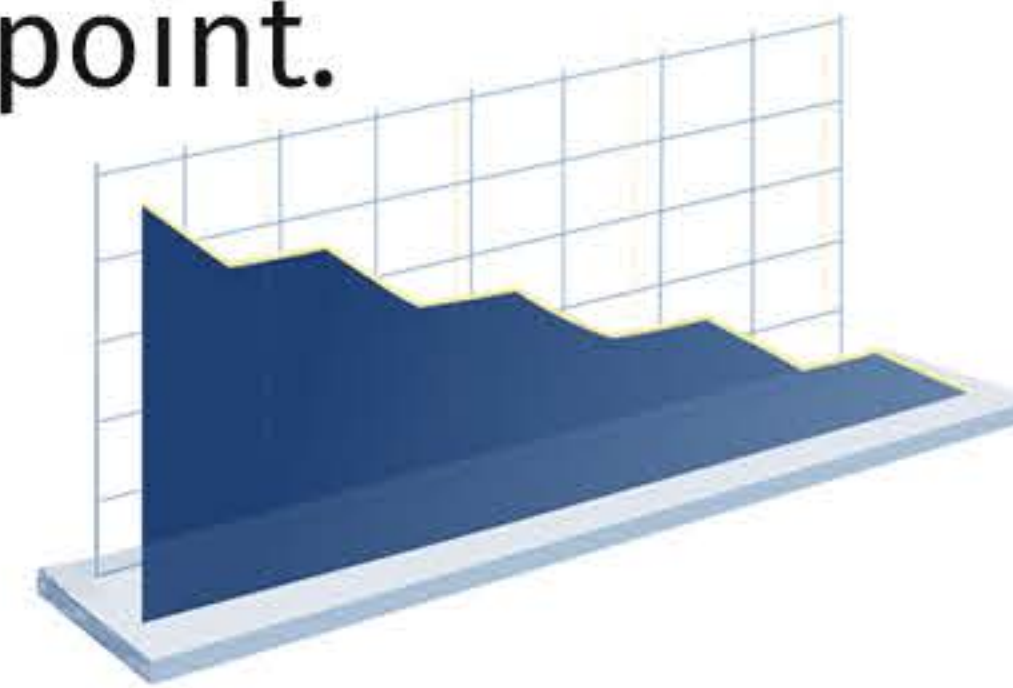


The six principles of Interval Weight Loss

principle number 1

You can't fight evolution

Impose weight loss breaks every second month to allow your body to adjust to its new set point.



principle number 3

The full rainbow

Eat more than you are used to and fill your plate with vegetables first.



principle number 5

Choose to move

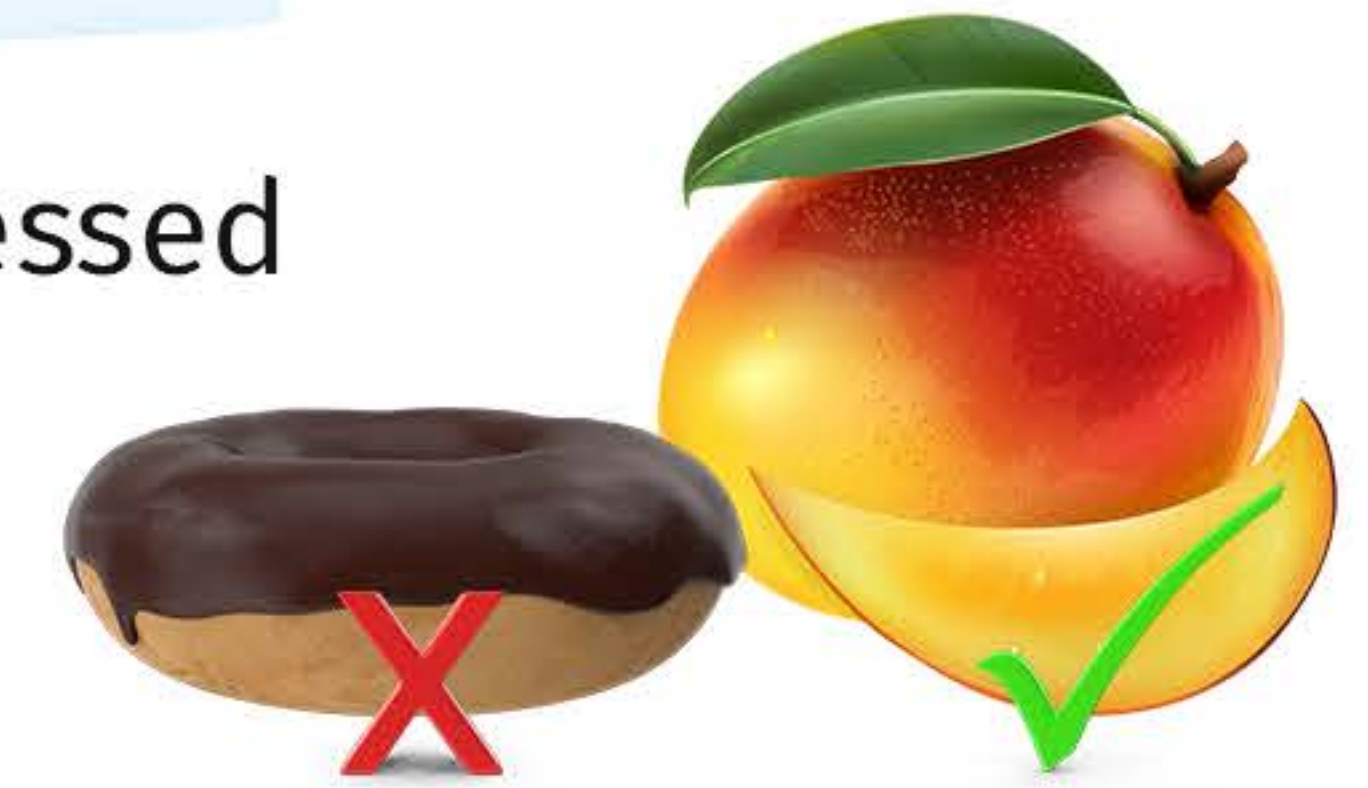
Incorporate activity into your daily routine and focus on variety during weight loss months.



principle number 2

Reach for nature first

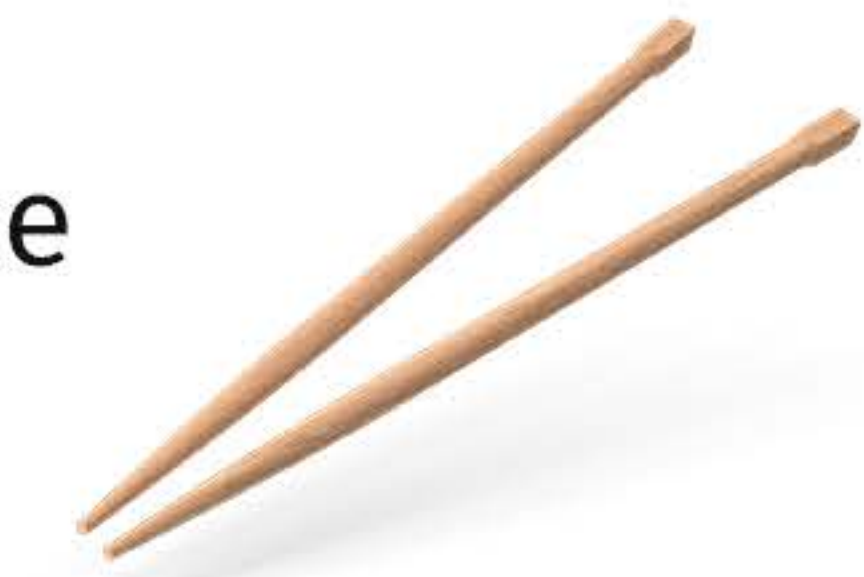
Retrain your brain and swap the processed goods for nature's treats.



principle number 4

Use chopsticks

Eat big to small throughout the day and use chopsticks with your evening meal.



principle number 6

No blue light after twilight

Switch off all technology after twilight and focus on hobbies such as reading, or tackle your to-do list

