

James Adair Top 6 Strategies to Achieve your Ideal Weight

- **Drink Water** - between 96 and 128 ounces a day.
- **Get active!** - Walking, Tennis, Biking. You don't have to train for a decathlon, but move around. I recommend something you like doing. If you choose a difficult activity that you don't enjoy, you are more likely to stop altogether. I chose an average 7500 steps a day, 6 days a week up from 3500. I walked and it was easier to stick with it.
- **Reduce Portions** - With all apologies to Mom. Don't clean your plate. When you are full back away from your meal and call it a day. Try and eat about 75% or less of what you eat at meal time. You will be surprised at how quickly you adjust and it won't seem like you are cutting back at all. I did this by eating Lean Cuisine. The portions are smaller so it won't feel like you are cutting back.
- **Watch less TV** - Don't be an American Idle! Not only are you not moving, your also snacking and drinking more calories. I didn't plan it this way but I didn't have a TV and was too busy to miss watching it, when I started losing weight. I believe this was a key to my success in shedding pounds.
- **Intermittent Fasting** - I tried this as my sole weight loss strategy. I wasn't successful doing this alone as I am not very good at it. I skip breakfast and try not to eat beyond 8:00 PM. This helps contribute to the other strategies and if you are coffee drinker you will be more successful than I was and lose the weight even faster. Optimally the window of time you eat should be 4 hours.
- **Supplements** - This is the #1 strategy and responsible for a lion's share of my success. I chose those that increased my metabolism and improved my digestion. Sometimes I would be too tired to exercise, have a favorite meal and overdo it, a favorite show would be on, or I'd have a craving late at night for a snack. The one constant and easiest strategy to stick with would be to take a supplement consistently. I had taken supplements before but none has worked as well as what I am taking now. In my next email I will tell you where to get these great products and with a special discount to boot. Thanks for downloading this guide and check in your inbox tomorrow!

Best Regards,

James Adair