

Taking Control:

Build it

Bridge it

Become it

Effective & Proven Strategies

Twitter @JAMIEATLAS

Build it.



You are WHEN you eat



12 Hour Window

Research:

Food & Light Cycles

8 / 12 / 18 - variety of diets

5 days on 2 days off

Result:

Protection from weight gain

#1 Healthy Weight Preventing Factor



Dilution of Pollution

The 6lb bite of pizza

Variability in sensitivity - weight / DNA / history

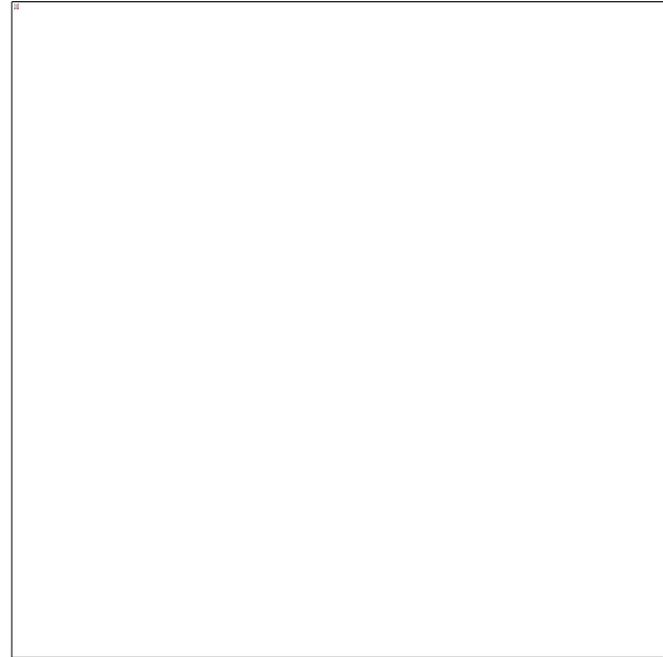
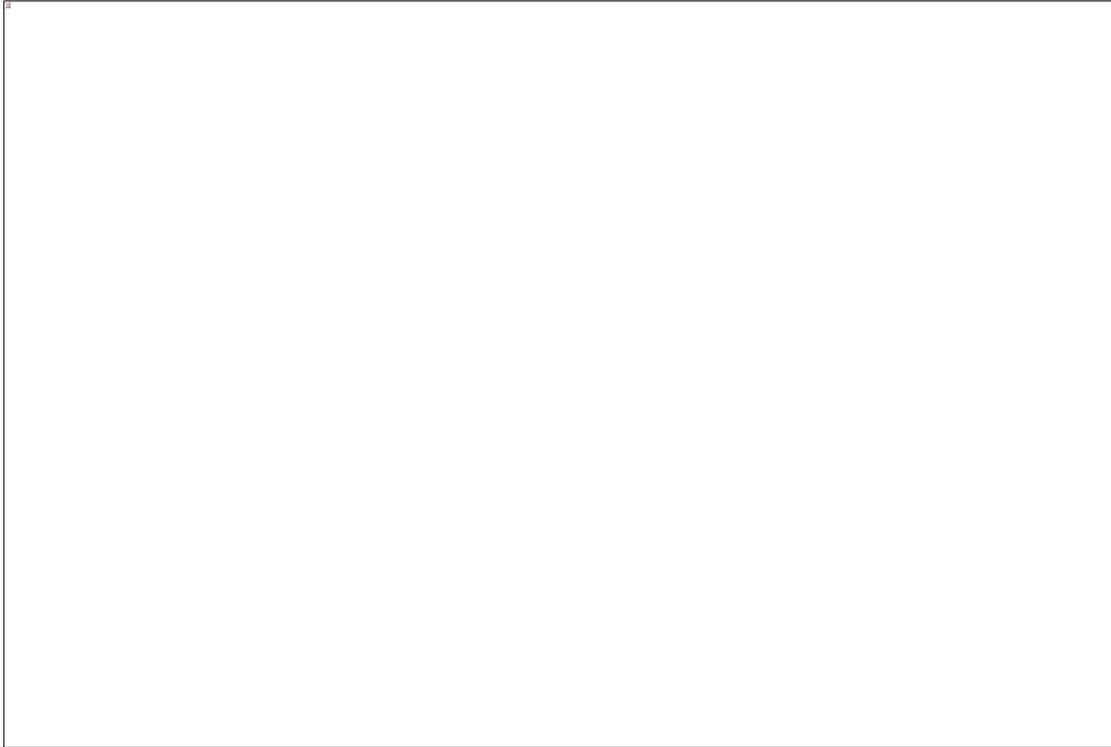
Common inflammatory

Calcium sources

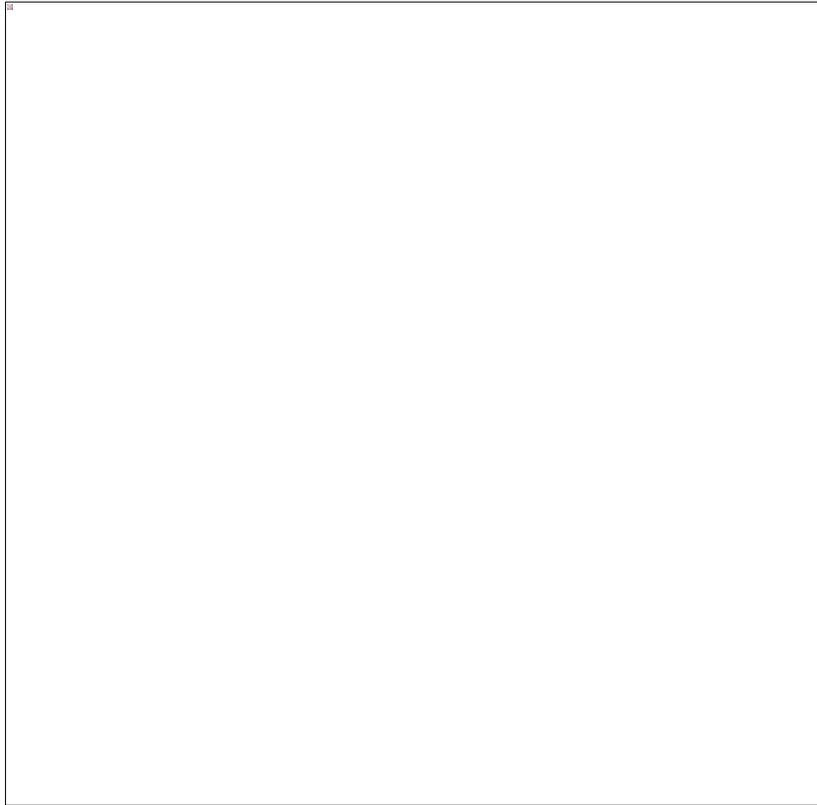
Fiber benefits & sources

Water intake & you

Bridge it



Macro Magic



Balanced Macros = Willpower

Blood sugar variation & Insulin & Willpower
Eating meat on the shoulders of giants
What's your metabolic preference?

Become it



Workout Smart, Not Just Hard

What small steps can you take now

Activity

Nutrition

Lifestyle

Matching your personal style

Social vs Independent

Mental vs Mindless

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JAMIE ATLAS

LOVE YOUR BODY