

TFW

TOP TEN TIPS FOR FAT LOSS

DRINK MORE
WATER

REDUCE
BAD CARBS



EAT MORE
VEGETABLES

GET QUALITY
SLEEP



EAT ENOUGH
PROTEIN

EAT MORE
HEALTHY FATS



ELIMINATE
FAST FOOD

TONE DOWN ALCOHOL
CONSUMPTION



LIMIT
SUGAR INTAKE

DO TFW
WEIGHT TRAINING
&
HURRICANE TRAINING



ALL CONTENT © TRAINING FOR WARRIORS 2016

