



## **Options for using Bio Body Platinum and exercising**

Bio Body Platinum is the broadest potency SLIM available and this means that it is possible for some individuals to exercise and increase calories while following the Bio Body Weight Loss Programs.

However, while some people can successfully “bend the rules” of the program and still get the weight loss results they are after, it is not possible for everyone,

Accordingly, each person has to approach it slowly to see if it will work for them.

To be able to evaluate whether you can or can't increase your calories and/or exercise while on the Bio Body program, the following is recommended:

Follow the program exactly for the first five days, - that means exercise and unlimited food is possible on Days 1 & 2 (loading days), then from Days 3-5, no exercise (or only light exercise – i.e. a 30 minute gentle walk) and only 500 calories per day.

On Day 6, you can increase your calories by having an additional protein portion (100grams raw weight of allowable protein) – typically by adding in a breakfast.

Wait and weigh yourself the next day – Day 7. If you continue to lose weight, then on Day 8, you can have an extra protein portion and introduce some exercise.

Because the program is low protein strength training is not advised, or you may injure yourself. Low to medium intensity cardio training is permissible.

When you are on an exercise day off, reduce back down to the 500 calories.

If you don't think you can follow the above guidelines and stay away from heavy training, then you may be better to consider the Bio Body 13-Day Fast Track program. The shorter program makes it much easier to accommodate or work around important exercise or training commitments.

If you've got any questions please call Leigh Spencer via the contact details in the footer of this info sheet.

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