

Start Losing Weight With TRE

12-16 hrs The body metabolically switches from burning glucose to burning fat for fuel (Metabolic Switch)

16-24 hrs Autophagy. This cleans out dead zombie cells which contain bacteria and viruses (Helps strengthen the immune system). Plus increases fat burning

24-48 hrs Enhanced Autophagy and Insulin sensitivity = reduced risk of type 2 diabetes. Increased HGH which preserves muscle and helps with cardio-metabolic health.

These are scientifically proven results of TRE for Weight loss & Health.

Start by trying a 12hr fasting window for 2weeks & see if it fits your lifestyle. Then get on my 12wk program.

Lose weight with guidance on my 12 wk program & a 30 day Money Back Guarantee contact, lifechoice50.co.uk

You've grabbed the free Time Restricted Eating starter guide, a great move. Now it's time to see if TRE is actually a fit for *you*, and the best way to do that is simple try your first 12 hour fasting window. No dramatic changes. No new diet rules. No overthinking. Just give your body a clean 12 hours without food and see how you feel.

Most men in their 50s are surprised by how doable it is. Energy stabilises, cravings calm down, and for the first time in years the body stops fighting them. That's the point TRE works *with* your biology, not against it.

Once you've tested that 12 hour window and felt the difference, you've got two options

1. Go it alone.

Stick with TRE at your own pace, keep things steady, and let your body slowly adjust.

2. Get the maximum results possible on my 12 week Fit@Fifty Program.

If you want the structure, accountability and science backed progression that unlocks the real fat loss potential of TRE, this is where everything clicks. This is the plan designed specifically for men in mid life metabolism, hormones, lifestyle, cravings all taken into account.

Either way, starting with that simple 12 hour window will tell you everything you need to know.

When you're ready to go further, you know where I am & don't forget my 30 Day Money Back Guarantee.

www.LifeChoice50.co.uk