



Hercules FITNESS
FITNESS FOR LIFE
Presents

28 Day Weight Loss Jumpstart

Jumpstart your Weight Loss and Wellness Program at Hercules Fitness. Educate yourself on the roles food and science play in your overall wellness and weight loss goals. Learn how to incorporate healthy eating habits, detoxification practices and nutritional supplementation into your daily life.

You will be supported with our proven group success!

The 28-Day JumpStart is a life changing way to achieve a clean slate through a revolutionary nutrition program. While eating whole foods and practicing principles of detoxification, the mind and body are renewed and vitality returns.

In addition to teaching about whole foods and hormonally balanced eating, we also incorporate optional supplements from Designs for Health and other companies which simplify and amplify the program. The 28-Day JumpStart is not affiliated with or endorsed by any specific retailer of products. Use of nutritional products is optional and not required to get benefits from the program.

The program utilizes supplements without soy protein, dairy, or gluten. We suggest specific Protein shakes, Fiber supplements, healthy Energy Drinks, Healthy Chews, Tea and a 7-Day Full Body Detox. We recommend Design for Health's PaleoCleanse, PaleoGreens, and Detox Support Packets. All supplementation is optional.

Recommendations for the specific products that amplify the program are made at the time of registration. Designs for Health supplements are purchased through our office or after the first class. During the first class, shopping lists are given for various commercially available foods and products used during the program and where they can be purchased.

Participants report achieving significant weight loss (6 - 12 pounds on average for women; 8 - 25 pounds for men depending on their starting weight), body composition changes (for example, "I now fit into shorts from years ago"), energy and mood lifts, and relief from various aches and pains (headaches, painful joints, etc.). Please see the back page for comments from our participants and [FAQs](#). Each class has 4 sessions and new classes form monthly. Classes are held at Hercules Fitness.

What is detoxification?

Detoxification is a natural and normal purification process that our bodies continuously use to get rid of substances that can be harmful to our health.

Who needs detoxification?

Everybody can benefit from the ongoing support for the clean up of toxins because exposure to them is unavoidable. A clinically supervised purification process will positively affect your health and ultimately improve your physical and mental well-being. It is very important for you to have additional detoxification support if you are on a weight loss program. The toxins that have been stored in fat tissue for years are liberated into the circulation during fat loss and with the 28 Day Program are eliminated from your body in a safe manner.

What happens if we do not detoxify properly?

All the environmental toxins, or the ones produced inside our bodies that are improperly eliminated and linger inside the cells or intestinal tract too long, can accumulate to create a toxic burden.

Harmful health consequences that can result include:

- can impair energy and metabolism causing symptoms of fatigue, brain fog and make fat loss difficult (weight loss resistance).
- can increase the risk of many types of cancer (colon, lung, liver, and bladder)
- may cause immune system impairment, autoimmune disease, brain degeneration, or impaired memory

Potentially dangerous detoxification programs to avoid:

1. Fasting: This makes you lose lean muscle which slows down your metabolism, making it very difficult to lose weight in the future.
2. Juicing: This puts your blood sugar on a roller coaster, and much like fasting you do not get the necessary protein to support your lean body mass. You are likely to lose hair, and get saggy skin from protein deficiency.
3. Rapid Detox: IV Chelation and Colonics can fall into this category. These can be extremely stressful to your body and if you have a high toxic burden they could make you feel worse.

What is a safe and effective detoxification?

A safe and effective detoxification program incorporates a nutrition and lifestyle program that reduces the toxic burden from food, beverages and lifestyle practices. The program ideally also incorporates amino acids, B-vitamins, and foods / supplements that support the liver, gall bladder, colon, and kidneys. The 28- Day Program incorporates the coaching to get participants through their lifestyle changes along with the directions for amplifying a detox and weight loss program safely. Your body will discover new found energy and vitality as a result of going through our clinically supervised detoxification program.