



Welcome to your first week of RECON. I would like to talk to you about the exact steps you need to take for total success with RECON. I will cover what to do and what not to do, and we will talk about the right way to exercise while doing your program.

I'm sure that you have a few questions about snacks and foods you can add to the program. We will cover that, along with my most powerful strategy and exercises to jumpstart your body into fat-burn mode and start building those new habits. <http://www.personaltrainerfood.com/videos/recon.php>

If you want to see the easy to follow Guidelines I talked about in the video, you can find them here: <http://www.personaltrainerfood.com/guidelines/docs/guidelines.pdf>

Those Guidelines will give you permanent weight loss success.

Are you wondering what kind of results you can get with RECON? Take a look at Episode 2 of the RECON Challenge. In this video, the men learned the exact same strategies I am giving you, and used them to lose a massive amount of weight on the challenge.

That webisode is here: <https://www.youtube.com/watch?v=Di46DrhecGw>

Remember, winning a war is not about will power. It's about strategy.

--Mike Starks

CEO and President, Personal Trainer Food

P.S. Be sure to take a before picture. At the end of your program, we'll ask you how RECON has changed your life and give you're the chance to submit your testimonial here:

www.PersonalTrainerFood.com/Submit

If we use your testimonial on our website, you'll receive a free month's worth of food!

If you have any questions about your program, contact us:

Live Chat: www.PersonalTrainerFood.com

Email: RECON@PersonalTrainerFood.com

Call: 1-800-273-1686

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