



Fitness Stylz Product of the Month: Celsius!

What if someone invented a refreshing soft drink that actually raised your metabolism by 12% and burned up to 77 calories in the process, ***just by drinking it?*** That's exactly what the creators of Celsius have done!!! The calorie-burning effect was confirmed in a double-blind, placebo controlled clinical trial conducted by the Ohio Research Group of Exercise Science and Sports Nutrition in June of 2005.

What does this mean for ***you?*** Theoretically, if you were to replace a regular soft drink with Celsius every day for one year, even with no change in your current exercise habits, you could lose up to 17 pounds! If you consume Celsius shortly before exercise, you can raise your metabolism by an extra 12% ***before your body even starts to move!*** You can read more about Celsius on the Celsius website, drinkcelsius.com.

Caution: The positive, calorie-burning effects of Celsius can be quickly reversed by consumption of ice cream, pork rinds, fried chicken, mass quantities of beer, etc. For best fat-loss results, with or without Celsius, eat in moderation...