



Tips to maintain a Flat stomach and a tinier waist from GETFIT TECHNOLOGIES LIMITED with GetFit waist trimmer

1. Try to avoid late night eating, no eating of heavy meals after 8pm, And no eating of many fruits after 8pm either, fruits contain natural sugar and that is not so good for your body at that time of the night (fruits 🍌 🍎 🍌 are best eaten in the morning and afternoon preferably on an empty stomach) * if you must eat late 🍌 at night because of your work etc, you can wear your GetFit waist trimmer while eating to reduce your appetite but still don't eat fit 2 people lol****

2. Drink at least 1 cup of water immediately after you wake up, it helps with digestion and detoxification. 💧

3. Cut down on your carbohydrate. Avoid yam and bread please and please opt for sweet potatoes or white/Irish potatoes and wheat bread . For rice 🍚 (per boil it to reduce the starch or go for brown rice/ ofada if you can) Eat more protein(chicken breast is one of the healthiest source of protein). No more soda/soft drinks, pizza, humongous eba and cookies/biscuits.Also Portion control is key 💧 don't mount your plate with food for 3 people. Don't over feed your self. (to maintain sanity we recommend you have a day in a week as your cheat day where you are allowed to eat anything you wish for THAT DAY ONLY .

GetFit Technologies limited

4. Drink lots and lots of water !!! Make water your best friend for proper circulation and detox. You can make make detox water by adding lemon 🍋 or lime to your water and cucumber 🍆 or strawberries 🍓 and mint leaves if you want(Or you can just use lemon you can get at the supermarket)

5. Drink green teas they are fantastic for reducing bloating.) Ballerina herbal tea is recommended or fat burner both readily available at the supermarket.

6. This is important please: Take apple cider vinegar (we personally recommend Braggs <with the mother>it is readily available at the supermarket) if you can't get Braggs make sure the apple cider available is raw and organic. How to use: 2 table spoons with 6/8 table spoons of water drink first thing in the morning ON AN EMPTY STOMACH. In the afternoon if you can . Then at NIGHT ALSO VERY IMPORTANT. The same recipe. For 2-3 weeks. (If you have ulcer, or any medical condition or a nursing mum kindly consult your doctor before using apple cider, lemon water should suffice)

TIPS ON HOW TO WEAR GETFIT WAIST TRIMMER

1. GetFit waist trimmer can be used for exercise and without exercise. With exercise wear for 2 hour daily minimum for 8 weeks . We recommend 3 months minimum.
2. Without exercise wear GetFit waist trimmer for 5 hours daily for minimum of 2 month. We recommend at least 3 months.
3. If you are a working class etc, you can wear your GetFit waist trimmer to bed. It might be uncomfortable for the first few days, so begin with 2 hours to bed and with time you will adapt.
4. Get waist trimmer is a stomach/ waist trimmer with sauna effect and not a belly girdle to hide your belly, it is meant to blast and reduce your belly fat and snatch your waist line.
5. To activate GetFit "sauna sweat 🧡 effect "kindly skip atleast 150 times daily (3 times a week) or engage in any form of physical activity ie dancing or cleaning.
6. Very important: To better increase sweat 🧡 and sauna effect with GetFit waist trimmer , and to improve circulation, make your skin more supple and smooth WE HIGHLY RECOMMEND you make a mixture of (Shea butter, Vaseline and menthol <Vicks Vaporub preferably> but any menthol would suffice and coconut oil (it's optional) and apply to your stomach and your waist then wrap a transparent film or nylon film and then wrap your GetFit waist trimmer around your belly nicely.
7. @GetFitng: If you intend to lose General body fat also you can include intermittent fasting: only drink water till 12pm, then eat eat from 12:01 pm till 7/8pm. After 8:01 pm only drink water NO FRUITS . Till 12:01 the next day. Do that for at least 3 months or till when you have achieved your desired weight loss. Remember in all that we do CONSISTENCE is key 🗝 .

Please do not forget to send us pictures of you rocking GetFit waist trimmer, We would really appreciate that!!! 🎉🧡.

HOW TO WASH GETFIT WAIST TRIMMER

Technique:

1. Get a towel or clean cloth then soak it in warm water and soap.
2. Use the towel to rub GetFit waist trimmer belt softly in one direction to wash it completely
3. After proper cleaning dry the belt with the another dry towel or cloth to remove most water.
4. Put the belt in dry / cool place to dry properly .
5. DO NOT WASH THE VELCRO as that may affect the fabric of the velcro.

PLEASE DO NOT WASH IT IN A WASHING MACHINE. And Don't iron it.

If you have further questions do not hesitate to contact us. Getfit and be happy 😊!!!!!!

Website: WWW.GETFIT.NG

Instagram: [@getfitng](https://www.instagram.com/getfitng)