

Natalie Jill Releases the 7 Day Jump Start Weight Loss Program

James Kyle Bell May 09, 2013



The fitness and healthy weight loss guru Natalie Jill releases her 7 Day Jump Start Nutritional Plan, with a separate program for women and men.

(Newswire.net -- May 8, 2013) San Diego, CA -- "Men and women have different nutritional needs, and a one size fits all program just does not typically work. The 7 Day Jump Start Plan is a nutrition and lifestyle plan that is designed specifically for the needs that men and women have when trying to lose weight," the fitness guru Natalie Jill says. Many of the weight loss programs that are available today do not take gender into consideration. The higher testosterone level that men have help to burn fat quicker, but women do not have this hormonal advantage.

Natalie Jill continues by saying, "The Jump Start program makes losing weight and burning fat much simpler, because when you follow the plan it will help by decreasing unhealthy cravings, and provides 43 different recipe options to choose from. People get tired of eating the same thing, so I made sure there was a wide variety of recipes. The plan was designed to put the body in fat burning mode, speed up the metabolism, and get processed foods out of the system quickly. This is not a workout plan, but rather a complete nutrition program that people can follow regardless of their fitness level. The program, requires minimal cooking, is a gluten free diet, and has tons of substitution options so people can eat the foods that they like to eat."

"What you will be eating when you follow the plan are real, natural, unprocessed foods that you can find at your local grocers," Natalie Jill goes on to explain that natural foods are the way to go when trying to obtain a healthy lifestyle and sculpted body. "Processed foods contain so many unnatural ingredients, with no real nutritional value to help the body remain healthy," continuing on, she says, "This [7 Day Jump Start program](#) is not a diet pill in a bottle, but it is a lifestyle change that is easy to implement into the average busy American lifestyle. People only really obtain lasting results when they embrace a lifestyle change, because their old lifestyles are responsible for their current weight and health issues, so a lifestyle change is really the only option."

"This plan was designed for women and men who have [more than 15 lbs. to lose](#), because there are so many people today that contact me wanting to lose 15lbs, 20 lbs, and even more. It will work for those people who have less weight to lose also, but the loss will be more gradual. Find more information about the 7 Day Jump Start program at <http://www.NatalieJillFitness.com> along with DVDs, eBooks.