

Old School New Body: Review Examining Becky and Steve Holman's Weight Loss Program Released

Old School New Body reviews have been flooding the Internet and HealthAvenger.com reveals the truth about this workout program designed primarily for busy individuals over the age of 35.

(PRWEB) February 11, 2013

Old School New Body, a program that is designed for individuals over 35 years old, and promises to not only slow down, but also reverse the aging process apart from reshaping the body, has caught attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

"Our Old School New Body review shows that it is based on five important steps and the things that you must avoid if you really want to slow down your aging process and get healthier. The overall training program is made of three progressing phases: F4XL Lean, F4X Shape and F4X Build, which are based on the varying fitness goals and fitness levels of the user," reports Stevenson. "Composed of specific and simple exercises that can be performed in minutes, the well instructed and recorded program with five simple steps provides you with an ideal body shape."

Old School New Body consists of the myths about low-fat diets and people should eat, the truth about exercise and those that will deliver results, the truth about weight gain and the fact that age has nothing to do with it, chronic dehydration and how it limits weight loss results, working out while spending less time on exercise. These are the five areas that interfere with weight loss and looking younger. There are also four specific exercises that people learn how to do with this program. Since body fat and the body weight turns into a large problem around age 35, the program is customized for individuals who're finding it hard to have a healthy and fit body as they're getting older.

"Old School New Body is based on scientific research and Steve's years of experience as the editor-in-chief of 'Iron Man'. Through extensive research, he found that there was a specific nutritional routine to follow to lose weight and even people aged 90 and older could build muscle," says Stevenson. "If you do the exercises laid out in this program, you will lose weight. You don't need a gym membership and you can do all of the exercises in the comfort of your home. The program is about 4 exercises that you need to focus on daily. Surprisingly, these exercises will not take you more than 15 minutes a day."

"Old School New Body was developed based on using specific exercise to gain muscle and lose weight. Through what he learned in his experience with old school trainers, Steve and his wife have finally come up with a simple strategy that can help you lose weight and also slow aging,

which they call the 'Focus 4 exercise protocol', or in short F4X. You don't have to avoid cholesterol, be on low carb diet, or give up on all your favorite foods. In fact, the program even encourages consuming a reasonable amount of those products. It is a program that really does what it claims and provides you with exactly what you ought to do to change your image!"

Those wishing to purchase Old School New Body, or for more information, click here:

<http://healthavenger.com/go/oldschoolnewbody/>

To access a comprehensive Old School New Body review, visit <http://healthavenger.com/old-school-new-body-review>