



The Power of Fastercise

Using the New Science of Signaling Exercise to
Get Surprisingly Fit in Just a Few Minutes a Day

Denis Wilson, MD

Exercise & Fitness / Nutrition / Health & Wellness

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What if we could send our body simple signals that directs it to
automatically lose fat and build muscle in just a few minutes a day?
Why *wouldn't* you do it?

What is Fastercise?

Fastercise is a time-efficient, convenient, and natural approach to fitness developed by thyroid-health pioneer Denis Wilson, MD. Fastercise uses brief, strategically timed bursts of movement that almost anyone can do to cancel hunger pangs and help every kind of body burn fat, build muscle, and boost metabolism. This practice releases epinephrine and other hormones that promote energy, mental focus, and help us to handle stress, as well—fitness for both the brain and the body. These strategies don't require special equipment, expensive meal plans, or workout clothes, and can easily be incorporated into a daily routine in as little as one minute a day. See for yourself at www.fastercise.com.

Dr. Wilson's unique program is the FIRST to:

- Specifically target mitochondria function
- Use hunger as a guide as to when to exercise, when to eat, and how much to eat
- Time exercise with hunger to eliminate appetite

Using the latest medical research, *The Power of Fastercise* is a fresh, informed look at whole body fitness that works with, instead of against, the body's built-in survival mechanisms.

To request a review copy or author interview, please contact: Christina Butt (802) 295-6300 ext. 127, or cbutt@chelseagreen.com

Author Availability: Central Florida, or by phone or arrangement



Denis Wilson, MD, is the author of *Wilson's Temperature Syndrome*, *Doctor's Manual for Wilson's Temperature Syndrome*, and *Evidence-Based Approach to Restoring Thyroid Health*.

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