

WARNINGS:

This web site is designed to be an aide in obtaining information, demonstrating healthy eating habits, and methods to improve neuromuscular capabilities. Please discuss any diet changes and nutritional supplementation with a licensed doctor or nutritional therapists. Below is a list of general warnings that should be closely watched.

- ☀ Weight loss and muscle hypertrophy programs take time. Do not expect changes overnight.*
- ☀ Results differ. No two individuals are identical. Do not expect to change at the same rate as another individual.*
- ☀ Even though the diets in this project have been scientifically proven, they will vary according to the participant.*
- ☀ If the diet causes any kind of irritation, loss of strength, nausea, or any other disorder stop immediately and consult a physician.*
- ☀ This project is a collection of advice, research, and diet plans to maximize ones physical performance. Please accept these criteria of your own free will and choice.*
- ☀ The target of the project is aimed at High School aged students, focusing on diet and athletic performance. Please advise a consultant with any questions about dietary needs at any age level.*