



PRESS RELEASE
FOR IMMEDIATE RELEASE

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X-Force Body Palm Harbor Names Three to Position of Fitness Coach

PALM HARBOR (October 3, 2016) -- X-Force Body, the country's most efficient fat-loss/muscle-and-strength-gain program, has named three professionals to the position of Fitness Coach at its new facility, 35567 U.S. 19 N., Palm Harbor.

The three coaches work individually with X-Force Body program participants to motivate them to reshape their body and achieve the specific results they desire. In addition to their individual fitness certifications, they are all certified in CPR.

Stephanie Eddie has six years of experience in the fitness industry. She specializes in slow-resistance training, and is also a Certified Spin Instructor.

Steve Gallagher also has six years of fitness industry experience, primarily in personal training. He is a graduate of the National Personal Training Institute, and is also a Certified Nutritional Counselor.

Patrick Jackson has 26 years of experience in the martial arts. He holds two black belts, and is a Master Instructor.

X-Force Body is the most efficient fat-loss and muscle-gain program in the country, with hundreds of documented success stories. It was developed by renowned strength and fitness expert, Ellington Darden, PhD, former director of research for Nautilus Sports/Medical Industries for 20 years, together with Joe Cirulli, founder and owner of Gainesville Health & Fitness. GHF was the only Florida company distinguished by Forbes as one of "The Best Small Companies in America, 2016."

Research conducted by Dr. Darden at GHF resulted in the development of both the X-Force Body program and his best-selling book, [The Body Fat Breakthrough: Tap the Muscle-Building Power of Negative Training and Lose Up to 30 Pounds in 30 Days.](#)



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The fast, effective and sustainable X-Force Body program utilizes exclusive, advanced negative-resistance machines manufactured in Sweden. The machines' tilting weight stacks make the negative, or downward, phase of each lift much more efficient than other equipment by adding 40 percent more resistance. It is so effective that only two 30-minute workouts per week are required during the six-week program, with even fewer during subsequent maintenance phases.

The X-Force Body program consists of three elements: a very structured and balanced descending calorie diet plan (50-25-25 carb-fat-protein) designed for maximum convenience and time-efficiency; X-Force Body machine training for 30 minutes twice-a week (either Monday/Thursday or Tuesday/Friday); and extra sleep. No special foods, shakes or other elements are required.

According to Dr. Darden, 90 percent of the muscle built after working out occurs during sleep, which burns fat as well. In a 2010 study published in the *Annals of Internal Medicine*, test subjects who slept an average of 8.5 hours a night burned 400 more calories a day than those who slept only 5.5 hours.

X-Force Body-Palm Harbor holds free, no-obligation Discovery Sessions to provide an overview of the program. Those interested can sign up on the X-Force Body website, www.xforcebody.com.

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