

# Early to Rise Customer Support

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## Will the program work if I only exercise and do not take the shake?

Stephanie H - 2020-02-20 - [6 Minutes to Skinny](#)

The nutrition is 80% of the program. You cannot separate nutrition and training. The two work together and regardless of your goals - gaining muscle, losing fat, athletic conditioning, etc.

You will get less than-optimal or even non-existent results without paying attention to both.