



# **From Fat to Fit! Lose Weight Without Dieting, Slim Down Without Pills: How to lose fat without diets, fat burners or pills!**

*Howard T. Wilson*

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## **From Fat to Fit! Lose Weight Without Dieting. Slim Down Without Pills!**

**How to lose fat without diets, fat burners or pills!**

**Weight loss does not have to be difficult or frustrating anymore! "From Fat to Skinny" brings you a very easy to follow program that will help you conquer your weight loss dream once and for all!**

**Everything you ever needed to know is now available to you! From the countdown of the worst diets, to the best three weight loss exercises that come with a free video tutorial and a workout plan, you now have the most efficient tools to use against the unwanted weight.**

**Use the “Recap” section to review the most important things you learned and take advantage of the Nutrition Chart that comes with 62 foods that you can eat to lose weight, to make your own healthy meal plans by knowing exactly how many grams of fat, protein, fiber and calories you ate in total!**

**Here are some of the things that you will learn:**

- **What are the worst diets!**
- **How to overcome temptation and resist cravings!**

- **How to lose weight with only 15 minutes of exercises, 2 times per week!**
- **The importance of sleep and what you can do to lose weight even when you sleep!**
- **The best exercises for weight loss + FREE VIDEO + Workout Program!**
- **Top 10 ways to keep you motivated!**
- **How to create your own healthy meal plans!**
- **The #1 list of 62 foods that are recommended for weight loss with their nutrition facts included!**
- **How to properly divide your daily meal plan to increase your metabolic rate to lose weight!**
- **The best weight loss workout routine that does not take more than 20 minutes to complete!**
- **Three of my own personal meal plans with their nutrition facts included which will help you even more to conquer your weight loss goal!**
- **How to properly combine the 62 foods from the list that you got with your book so that you will have the possibility to diversify your new healthy eating habits even more!**
- **How to follow this program even if you have busy lifestyle!**
- **The opportunity to get in direct contact with me via Skype, where you can ask me any questions that you might have about this program, about nutrition, fitness and weight loss in general, free of any charge!**
- **AND MORE!**

**Download today your full copy of the book for 50% less of the original price and start benefit from everything that you are about to learn!**

**I have great confidence in you and I'm sure that you too can have very good results. Remember: The power to change is and will always be within you!**

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#### **Mildred Perkins:**

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