

**I don't
want
to be
FAT**

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Аннотация

Without diets and training in the gym,I will just tell you what you are doing wrong and you will be slim.

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What is written here will save millions of American lives.

Hello, dear reader.

Tell me. In your dreams, do you see yourself weighing more than 220 pounds, with diabetes and cannot pass a 200-yard mark without dyspnea and on the verge of a heart attack? The answer will be negative, I'm sure.

Every second adult and sixth child in America suffers from overweight!

Examples of the accumulated complications are cardiovascular diseases, heart attacks and many others. Just ask yourself this: why do you need millions in your bank account, ownership of a house and expensive car, if you are mortally sick?

Maybe it's time to change your priorities and think about your health? After all, obesity, it's the same as putting on your shoulders a 20-pound backpack and constantly carrying it with you. And the fact that you'll tire more with such an additional burden, I think it's obvious. Also, as the years go by and we,

unfortunately, do not get younger and the "backpack" can add another 20-30 pounds in weight, or even more, agreed?

Конец ознакомительного фрагмента.

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