



Lose Weight: Lose Weight Without Losing Taste- Simple Ways to Lose Weight Naturally (Paperback)

By Daniel D apollonio

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you interested in Losing Weight with simple hints and tips then your in the right place! Read on your PC, Mac, smart phone, tablet or Kindle device. This book has lots of actionable information on simple exercises and recipes that will set you up on a path to losing weight effortlessly. Over the years, many fad diets, weight loss programs, fancy exercise gadgets and equipment have been created to enable individuals to lose weight. Unfortunately, most of these achieve only temporary results because they neglect to hammer in the simple truth that losing or gaining weight boils down to the calories you consume and the activities you engage in. Let s put it this way. At the end of the day, three things can occur when you calculate the amount of calories you ve eaten and the activities you did throughout the day. These are: Weight gain - this occurs when you consume more calories than you burn. As a result, your body converts the excess glucose into fat and stores it in your cells and you end up...



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