

Need To Lose 10 Pounds Quick Ebook With Plr

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You've purchased this product with Private Label Rights. You are free to sell it and keep 100% of the profits. Are you ready to drop those extra pounds you've been carrying around? Awesome. But let me tell you something before others get to you... Two things: You don't need to jump on any current diet craze and you don't need to start exercising for hours each day. Just ask your physician. Any physician worth her salt will tell you that it's not about dieting, it's about reshaping your lifestyle. If you want to start losing weight, just slightly tweak the habits you are already used to. Eat, but eat different. Don't sit when you can stand. They are little things, but... ..it's the little things that make up the extra inches around your waist line! "Give me 15 to 20 minutes and I'll show you how to get results you can measure... by your waistline!" If you've got 15 minutes, you've got time. "101 'Everyday' Tips for Losing 10 Pounds!" is a thoroughly researched report on 'everyday ways' to maintain a healthier lifestyle for people on the go. It is designed to be quick and efficient. Learn how to best use the effects of drinking water to help you lose pounds. Learn the 2 most important concepts for losing weight and keeping it off. Understand why drinking plenty of water is so important. Discover which popular fruits will fill you up without adding too many calories. Not all fruits are created equal! Find out which drinks you should stay away from - it's not just soda pop! Learn what not to do with your vegetables before you eat them. Understand why fiber is so important and why you need to eat more of it. Learn which vegetables to avoid and which vegetables to savor. Learn what vegetable you should be eating every day. Learn to let your dog lead you on your next walk. Learn a simple exercise you can do anywhere at any time of day to burn extra calories. Discover the correct intensity level for your beginning workouts... it's a lot less than you'd think. Learn a simple technique that will continue to motivate you to lose weight. 7 common exercises and the number of calories you can expect to burn during each. And much much more!! "Who else wants to benefit from a healthier lifestyle?!" Listen... The pounds can sneak up on you, that's for sure. But it's often the little things that are really adding up. You didn't gain five pounds because you had chocolate cake after dinner last night - you gained five pounds because you've been eating the wrong snacks between meals for the last month. I've put together "Lose 10 Pounds Quick" with TONS of tips for you to start implementing right away. Browse

through this ebook in 15 minutes and select a few tips to make your habits tonight. In a couple of week's time, your friends may start to notice that you are looking thinner. In just two weeks, it can start to happen! It's time to get the ball rolling. Start changing your lifestyle today. Order "Lose 10 Pounds Quick!" right now by clicking the button below... WAIT! Special offer: Would you like to have resell rights to the "Need To Lose 10 Pounds Quick" ebook? You'll be able to sell the "Need To Lose 10 Pounds Quick" ebook to your customers and keep 100 of the profits. Your resell rights come with a complete website salesletter, and professional graphics for you to promote the "Need To Lose 10 Pounds Quick" ebook with. You'll have your own product that you can sell to YOUR customers and keep all the profits! There is no additional charge for the resell rights. It's included in your one time payment of \$1.99! Tags:plr, mrr

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