

15 Holiday Weight Loss Tips

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For 100s of unique & interesting titles, please type: * Manuel Ortiz Braschi * in the Tradebit Search Box above. Discover The 15 Best & Easiest Ways To Keep Yourself Trim This Holiday Season In This All New, Best-Selling Ebook! Did you know that every single year the average person gains anywhere from 1 to 3 pounds just from attending parties where there is food a plenty? If you have noticed you waist line expanding as the amount of food does at your holiday gatherings, then 15 Holiday Weight Loss Tips is an ebook you must have in your library! It isnt filled with tips that you cant fit into your lifestyle, no matter how fast paced. 15 Holiday Weight Loss Tips was designed to bring you the best, least expensive, easiest to implement mini fat busting battle plans you can utilize to keep those extra unwanted pounds off. Even though 1 to 3 extra pounds doesnt seem like a lot of weight gain, it is precisely the smaller weight gain amounts that are the most difficult to lose once you put them on. Why not keep them off from the very start? And 15 Holiday Weight Loss Tips will help you do just that. Year in and year out, without fail. These traditional tips were created with staying power in mind. So no matter if you put them into action this year, or five years from now the results will always be the same. . . A Slimmer, Trimmer YOU! In fact, these tips are so usable, that they can be incorporated into your every day life even when there are no celebrations going on! Here are some of the things youll be learning when you purchase your copy of 15 Holiday Weight Loss Tips. * 15 Easy To Follow Fat Busting Tips To Keep Weight Gain To A Minimum During Holiday Parties & Gatherings Where Food Is A Major Issue * Ideas To Help You Stay Active No Matter What The Weather Is Like * Suggestions On Low Cost Healthy Food Choices YOU Can Bring To Holiday Parties & Share Your Love For Health With Those You Love * And So Much More!

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