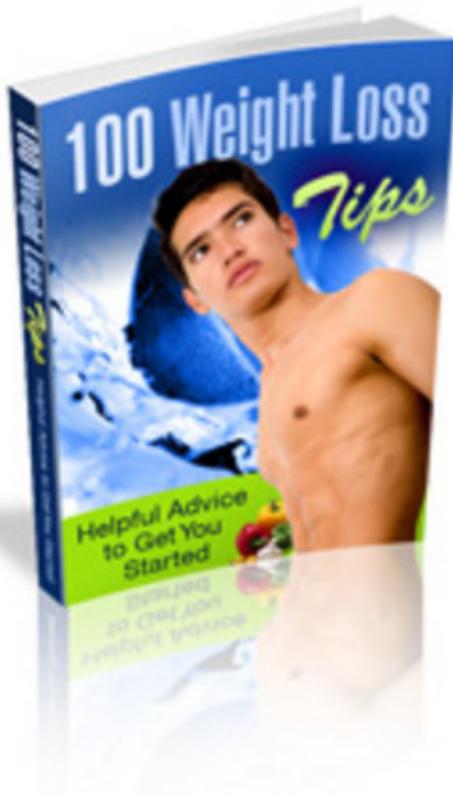


# 100 Weight Loss Tips - Losing Pounds



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There was also a time when the thought of losing weight didnt even occur in our society, people ate what mom cooked for dinner and they went to work. The difference in that society and todays society is that work was not behind a computer screen, but on their feet in the fields or on a warehouse floor. People worked physically because that was the only way to work, in fact, thats why it was called work! It was often during this time that people could eat anything they wanted because they were burning much more calories than what they consumed. But, like all good things, that too has passed and the technology of todays world has left us in one condition an overweight one. Our life styles have changed so drastically and our comforts have increased tenfold. As they say, every rose has its thorn and for our society our desire to have comfortable lives and to work less has begun to show around the waistline. The bad thing about all of this is the more weight you gain, the more dangerous it becomes. Extra weight spells illness, whether it is in the form of diabetes or a heart condition, its bound to show up if you dont do something about it. You have to be proactive in weight gain and you have to work it off until it gets to a point where you no longer have control. Its not necessarily about being toned and sculpted, but at a weight that is not

life threatening. You can work on the abs later, right now you just need to shed some extra body fat. As society realizes what is happening and that we are overweight as a whole, people are trying to play catch up and work from behind. They are trying to lose weight and live a healthier lifestyle. This eBook is your guide to losing that first ten pounds that we all struggle with. Its amazing what little changes in your life can add up to you losing ten pounds and they all revolve around eating right and getting your body moving. CHAPTER 1 WEIGHT LOSS BEGINNING WITH WHAT YOU DRINK First and foremost, people dont realize that what they drink is

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