



I Don't Want to be FAT! Archives Available

I Don't Want to be FAT! will give you a road map to health, fitness, working out and diet. I will help you find what work out best suits you, through time constraints and your availability to help you establish your goals. We will talk about why diet is so important and why "dieting" is so dangerous. We will go over numerous subjects on fitness and health such as the misconceptions of sugars, what makes us fat and why, how to adopt a lifestyle for healthy living and more. We will touch on issues such as stress and how it affects your body. I will emphasize the importance of working out, and h

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