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Transforming Health Archives Available April 21st 2010: Fast Track To Fat Loss

If you have ever watched NBC's The Biggest Loser then you will recognize this week's guest... yes, personal trainer extraordinaire Kim Lyons joins me to discuss her no excuse approach to living a happy, healthy lifestyle. Join us this Wednesday the 21st of April to learn the tips and secrets to being successful in fat loss for life. It is not just about how you look; it is about how you feel and perform. If you are looking to take your health status to a new level, this is one interview you can't afford to miss. Receive your FREE DVD—The 5 Simple Keys to Guaranteed Fat Loss <http://global>

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