

101 “Everyday” Tips for Losing 10 Pounds!



The Good Ol' Days...

There was a time in this world when the need to lose weight was completely unheard of. People ate well, but they worked well too. They woke up early in the morning and then engaged in a whole day's work. This work was mostly physical labor. People worked on fields digging, sowing, harvesting. They tilled their soil, rode horses, worked on farms and ranches. The result was that they could afford to eat almost anything they wanted in whatever quantities they wanted.

But that was ages ago. The world has changed so much since those days. Life styles have changed so much and the comforts and facilities have increased so much. But every rose has its thorn. As a result of all these comforts and amenities the state of physical well being has really changed. Most of us have sedentary jobs that demand little or no exercise at all. To put it simply, things have become so damn easy. And just as can be expected, weight gain has become a major concern for almost every city dweller.

During the period of thoughtless youth it is not such a major concern. The young practically eat nothing and so weight problems do not bother them so much. But as soon as you turn twenty, you start showing signs of weight gain and that too in all the wrong places.

It's not about the hour glass figure or the perfectly sculpted and toned body. It is more about staying fit and remaining healthy to ensure a long, disease free life. Every body knows that those extra pounds spell illness. All over the world people are switching to a healthier life style and the catch line is indeed weight loss.

This book is dedicated solely to the cause of losing weight and that too in the most surprising ways you ever heard of. There is only one thing that you have to bear in mind. Weight loss does not happen by itself. There are only two ways to accomplish it...

The first is by watching what you eat and the second is by seeing to it that your body gets the exercise that it needs. (This report gives tips for both.)

As you go through the following pages, my hope is that you're continually amazed by all the "everyday" things you can be doing to lose 10 pounds...or more.

