

Swimsuit Season Around the Corner OMG (Laramie)



Location **Wyoming**
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That's right. The pool, the lake. . .are you ready?

Or are you carrying more fat than you'd like?

You have two weight loss options out there, smart and stupid.

Stupid is forking over your hard-earned money for:

- hocus pocus supplements , pills, or shakes
- magazine, online or TV scams. . .especially the "money back guarantee" ones

Stupid is destroying your health and rebound weight gain with:

- fad or crash diets
- any unsustainable practices
- starting out with an aggressive exercise program

Smart is:

- an old-school food-pyramid based balanced diet with gradual weight loss in mind
- drink water
- always health first, with fat loss second
- a low-intensity aerobic exercise program starting from zero and gradually increasing; think LSD (Long,

Slow Distance) water, and safely. . .state the elements of the diet, sips of water, and a new exercise is, and the new.

I am a Laramie-based, educated and experienced wellness pro. I reconcile working for you (keeping an eye on your goals and progress) with high standards (keeping it safe and sustainable) to help you earn your results honestly and intelligently.

I have the mileage on me to understand obstacles of daily living, and the knowledge to help you work

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around them, as long as you have the desire to.

I want your business now, and your referrals later, and am willing to work for both if you are.

If you have the need to change now, the brains to choose smart, the guts to keep at it honestly, then make the call; 286-0136. Laramie/Albany County area only, thanks.