



# **Changed, Secrets of the Fitness Industry, Weight-loss Without the Struggle!: Everything from Smoothies to Superfoods**

*Wesley Virgin*

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## **Changed, Secrets of the Fitness Industry, Weight-loss Without the Struggle!: Everything from Smoothies to Superfoods** Wesley Virgin

You've been told a terrible lie.

The simple truth is that you are probably never going to lose weight by working out and dieting!

The fitness industry has been pushing half truths down your throat for years.

BUT... Obviously people do sometimes lose weight.

It's time to think outside the box. How can you lose weight without struggle?

Wesley's secret boils down to a simple 7 minute workout and a series of superfoods, which when taken together turn your body into an automatic weight loss machine that burns off fat while you're watching TV and even sleeping!

Wesley Virgin is a master weight loss trainer. He has helped 1000s of people lose weight without any strain or struggle.

"You'll watch the pounds MELT off your body ...will throw away your "fat clothes" forever and will be sliding back into your favorite jeans from highschool...just by doing a few simple 7 minute exercises and eating DONUTS!"

This is the promise that Wesley Virgin has made come true for thousands of people. Many people losing 1 pound per day! That's a life changing 30 pounds in 1 month.

Gyms and trainers have already been proven to be highly ineffective (not to mention EXPENSIVE) for people who want to lose weight. Especially in today's fast-paced fast-food culture.

Stop wasting time and losing money. Start losing weight today!

This book is a must have for anyone who is serious about losing weight but just doesn't have the time.

This is the book for you.

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#### **Alita Schmidt:**

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