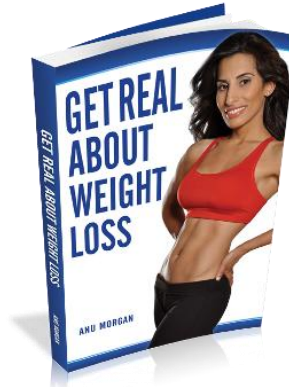


Personal Trainer Shows How to Uncover the Beautiful Body Within You

Author of "Get Real About Weight Loss" tells your audience:

- How to rev up your metabolism
- The one thing that will make the difference between success and failure in your weight loss efforts
- How to eat out and not "bust your diet"
- Why you should never permanently deprive yourself of your favorite foods
- How often and how much you should eat
- Why low carb diets are not the answer
- What you really need to do for lasting weight loss
- Why parents should be especially focused on leading healthy lives for their children's sake
- How a personal trainer can help you and some lower-cost alternatives
- Why cardio alone is not the best choice for weight loss

And much more...



- **45% of Americans Want to Lose Weight**

In an ABC News poll 45% of those responding indicated that they wanted to lose weight. For female respondents the number went up to a staggering 55%.

That same survey indicated that 30% were "seriously trying to lose weight." Clearly this is a topic on the minds of many today.

- **Although Optimistic, Most Dieters Fail to Lose Weight**

A recent Consumer Reports survey showed that 75% of those about to begin a diet

believed they would achieve their weight loss goal. But the reality was far bleaker. Another Consumer Reports survey found that there were three times as many dieters who failed to lose weight and keep it off as there were those who succeeded.

- **Weight Loss is Achievable**

As grim as these statistics are, it is definitely possible for anyone to lose weight if they have the right information and an effective plan.

Anu Morgan, a certified personal trainer and author of *Get Real About Weight Loss*, says there are **three keys to weight loss**:

- Mental Attitude
- Nutrition
- Exercise

With the right plan and attitude, sustained weight loss can become a reality.

Get Real About Weight Loss is available for \$14.95 at GetRealAboutWeightLoss.com, as well as Amazon.com.