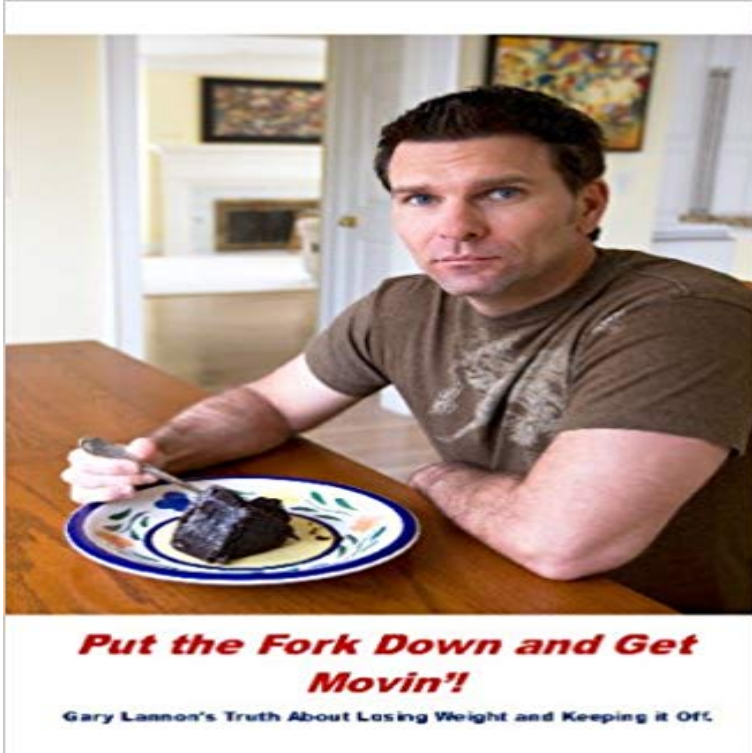


Put The Fork Down And Get Movin: Gary Lannons Truth About Losing Weight And Keeping It Off



If you are tired of all the weight loss gimmicks and want real life advice and real life results this book is for you. Gary is a certified personal trainer, a group fitness instructor, and certified in sports nutrition. This book is Garys account of what works for him. It is short, to the point, easy to follow, and it really works if you are willing to do the work. This is not a diet, but a lifestyle.

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