



**Fitbit For Absolute Beginners BOX SET 2 IN 1:  
Ultimate Guide To Using Fitbit For Weight Loss,  
Fat Loss And Muscle Growth + Common Mistakes  
That Don't ... Running (Running and Aerobics)  
(Volume 4)**

*Adrienne Fletcher, Pamela Redwood*

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*Adrienne Fletcher, Pamela Redwood*

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**Fitbit For Absolute Beginners BOX SET 2 IN 1: Ultimate Guide To Using Fitbit For Weight Loss, Fat Loss And Muscle Growth + Common Mistakes That Don't Let You Lose Weight Book #1: Fitbit For Absolute Beginners: Rules On How To Use Fitbit Properly to Reach Your Goals And Common Mistakes That Don't Let You Lose Weight**

It is an interesting world that we live in. There are many times that we complain that we can't keep up with everything and how things are changing. It seems that everything is now automated and pre-programmed to do whatever people used to do. This can be especially frustrating when you are trying to get things done, and there are times when all you want to do is talk to a real human being.

But then, there is the more realistic aspect that tells you that people aren't always around. There is no guarantee that anyone else will be ready to do what you need them to do when you need them to do it, and there is no promise that they will be able to fit into your schedule. That is another thing that we have gotten used to, we plan on and expect everything to run around our schedules and be ready for what we need them to do when we need it to happen. That is when the struggle for weight loss creeps in. How do you know what you are supposed to be doing and when? How do you know if you are on the right track? There is so much to keep track of, it would sure be nice to have a personal trainer by your side telling you if you were doing it right and where you can improve.

Now, there is. Fitbit is here, and it is your personal trainer that you can take wherever you go. Taking all of the guesswork out of what you are doing and when you are doing it, and keeping you on track. Losing weight has never been easier, with Fitbit, you can lose the weight that you want to lose and actually keep it off. While it might be confusing at first, it really is an easy way to keep track of things and make sure you are staying on track. The new you is waiting to come out, and this book is going to show you how.

**Book#2: Fitbit - Learn All The Benefits! Ultimate Guide To Using Fitbit For Weight Loss, Fat Loss And Muscle Growth**

If you are someone that is looking for a way to help you to stay motivated to keep doing your daily physical exercises and eat a healthy diet perhaps you should look at buying a Fitbit Flex. This is a fun smart bracelet or smartband that will make doing your daily exercise that much more fun! It is a great tool that will record your step, calories, hours of sleep and quality of sleep helping make the process of keeping track of your progress so much easier.

Many of us find it very challenging to stick to a routine that involves eating healthy and working out. We need things that will help us to remain motivated. One of the fun tools for making us want to do our daily exercise is the Fitbit. It will have you waiting in anticipation for the five LED lights to light up letting you

know that you have reached your daily goal of 10,000 steps. You will be amazed at how quickly you will look forward to the congratulations you will receive when you reach various goals. A Fitbit can really help organize your daily life that is going to result in boosting your activity performance, making you feel good all round.

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**Beverly Harrison:**

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**Grace Harrell:**

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**James Bouchard:**

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**Pilar Porter:**

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