



The 8 week plan - To a Slimmer Life: Get in shape now!

S.A Williams

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Instead of promising a secret diet or supplement, the 8 week plan will guide you towards a healthier lifestyle. You will start to exercise more and eat healthier, change your bad habits into good ones but still be able to indulge on a nice piece of cake now and then.

You will:

- Step by step increase your amount of workouts.
- Step by step replace fattening food with healthy alternatives.
- Get lots of tips and tricks to change your daily diet.
- Be a changed person after this 8 week program.

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