

Featuring the Blow-Torch 'Diet'

FATNESS to FITNESS

Former 'Fat Kid' Reveals His Most Powerful Personal Strategies and Techniques to Help You Quickly and Safely Achieve Permanent Fitness Success

FREE
Fitness DVD
and Success KIT
\$207.00 Value
Details Inside

"Fatness to Fitness is so much more than just a book. It's a step-by-step guide to looking and feeling your very best. Its chock full of sound advice in an easy to follow format that you can actually adapt to your busy schedule. It is focused not only on nutrition and exercise, but most importantly on how to have the right mind-set. Get a copy and take action now - you will not regret it!"

Chad Tackett, BS, CPT
President, Founder, Global Health and Fitness



◀ **Before:** 5'2", 168 lbs, Unhealthy and FAT
After: still 5'2", 134 lbs, Healthy and FIT ▶



By Joey Atlas
M.S. - Exercise Physiology

