



## Fast Weight Loss Tips: Shred Diet

*Cathy Wilson*

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Fast Weight Loss Tips: Shred Diet strategy by best-selling fitness and nutrition author Cathy Wilson introduces practical strategies to drop those last few pesky pounds following a modified Shred Diet Plan.

The Shred Diet has two parts; diet and exercise. Both are essential to blast fat and keep it off. However these themes are discussed in separate books. Which means you aren't likely to succeed in long-term weight loss reading just one of these Shred Diet Books!

Jillian Michaels has the 30 Day Shred. It focuses on exercising to lose 20 pounds in 30 days!

CONCERNS...Water weight does not count! The second you rehydrate yourself the pounds reappear!

FANTABULOUS - Diverse interval training exercises!

PROBLEM - It's physiologically impossible to lose that amount of FAT safely. And if you could, you'd have to use extreme and very dangerous methods!

According to Shape magazine, losing 10 pounds in a week became popular, thanks to TV shows like The Biggest Loser. Problem is most people don't have experts to guide them, and the whole day to dedicate to trying to lose that last 10 or 20 pounds. It's extremely unrealistic.

Experts agree, 1-2 pounds is often cited as the safe amount of weight to lose per week, and most importantly keep off!

The FLIP SIDE - EATING...

Ian K. Smith covers the eating end with the Super Shred Diet. With this Super Shred Diet Ian Smith claims you'll lose 20 pounds in 4 weeks! Again, it doesn't take a rocket scientist to conclude extreme measures are the only way to 5 pounds a week consistently.

\*NOT a realistic expectation for the average Joe or Jill!

FANTABULOUS - The idea of diversity in eating. Leaving your body and mind guessing what foods boost metabolism and blast fat best.

PROBLEM - Healthy long-term weight loss doesn't happen that fast!

Bottom Line - These are both great concepts, but the time frame and expectations are totally unreasonable for the average person.

My introductory book takes the sensible theories behind both of these concepts and shows you how to create a **SAFE, HEALTHY, FAST, LONG-TERM** weight loss plan, that teaches you sustainable healthy habits for life.

The focus in this introductory book is on the exercise end, but healthy eating is also discussed.

You need regular intense exercise and healthy eating if you're looking to succeed in...

\*Shredding your extra pounds

\*Boosting energy

\*Building a strong body

\*Sharpening your thinking

\*Improving immune system function

\*Soothing creaks and cracks

\*Leveling blood sugar

\*Weight maintenance

\*Strengthening circulation

\*Transporting more oxygen and vital nutrients to your organs

This Shred Diet Kindle Fast Weight Loss Tips: Shred Diet strategy is your sensible weight loss concept for life! Are you ready to get sensible and skinny safely?

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