



Weight Loss For Women Over 50: 11 Super-Effective Foods To Help You Lose Weight, Look Younger And Feel Great, Plus Menopause And Fitness Training Course! ... Living, Weight Watchers, Increase Energy)

Alexis Evans

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Weight Loss For Women Over 50

11 Super-Effective Foods To Help You Lose Weight, Look Younger And Feel Great, Plus Menopause And Fitness Training Course!

There are a lot of reasons that you may want to lose a few pounds. For some, they want to look better, for others, they want to feel better. You may want to keep up with your grandkids, or you may want to be healthy for your family.

Whatever the reason is for you, you need to lose a few pounds. But once you take a look at how to do this, you quickly become discouraged. Losing weight isn't the same as it was before. Now there are weight lifting gurus, all kinds of funny dances, and cardio that is fit for a soldier.

So what is an older woman to do? You know that you need to be careful of your bones, and you want to do it the healthy way, but it doesn't look like there is anything out there for you.

That is where this book comes in. we have put together a book that is meant to help you, an older woman, lose the weight that you want

to lose in a healthy and easy manner.

You are going to find lists of foods that you should eat, foods that you should avoid, and exercises that are perfect for the post-menopausal body.

There is no end to the things you are going to discover in this book, and what you can learn. Including:

- A weight loss overview
- Exercises that will work
- The good, the bad, and the ugly in foods
- Yoga for any age
- And more!

Get ready to diet in a way that you never thought you could, and to get in the best shape of your life!

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Vance Malik:

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Richard Hunt:

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Stephen Phelps:

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