



## Weight Loss Journey: How a Middle Aged Man Lost Weight, Kept It Off, and Radically Improved His Fitness - And How You Can Too

By Sunil Tanna

Createspace, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I was fat, I was unfit, and I was over 40. At my maximum, I probably weighed around 252 pounds (114 kg), but the truth is I am not really sure. Today, I am close to my ideal weight at just 182 pounds (83kg), fitter than I have probably ever been, regularly play competitive sport, and have completed several extremely demanding physical challenges. This book is the story of how I did it, and how I believe you can too! Part personal story, part guidebook, inside you will find a no holds barred account of exactly how I permanently changed my lifestyle so eating healthily and doing regular exercise became not only routine, but easy. This book isn't a diet or exercise plan, doesn't tell you precisely what to eat, or how to work-out, but it does contain a detailed roadmap to how you can change your life for the better, and watch the weight fall away. Some of things you will discover include: How to consistently measure your weight so as to make it easy...



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