

"How Adam Lost 15 Pounds Before Beach Season"

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I was out for my morning run the other day and the sun was just coming up, it's going to be a beautiful day. Summers here.

Along my run I ran into Adam, a friend I hadn't seen in a while, I stopped to chat because I'm a nice guy (I just really needed a breather actually). I was happy to see the sun out, my first words were, "are you ready for the beach or what?". "I'm gettin there" was his reply with a smirk on his face. What do you mean I asked?

I've lost 15 lbs in the last two weeks, I've still got a couple more to go he said.

15 lbs... Thats impressive, you've finally got in control of your diet I see. So whats the trick?

He told me he started reading about how to how to lose body fat at www.bodybuilding.com and that inspired him to take action.

Agreeing with him that bodybuilding was a great website, I frequent there myself, I continued to ask what really made the difference.

Fat Loss For Idiots he said. Excuse me, I replied. Yeah, it's a website, he said. This isn't another contraption you bought off of an infomercial is it? No he said, not this time with a smile on his face.

So whats the deal with it then. He broke it down quite simply for me.

He had been eating the wrong foods.

Low carb and low fat diets were not the answer.

It basically give him all the facts he needed.

Knowing a little bit about nutrition and fitness myself I was pretty impressed with the accuracy of his information and maybe this program might be legit.

"It has a program on it where it makes up a diet it for you" he said, so I get to be lazy and still lose weight. That right there really sparked my intrest.

I told him that I'm going to check out this Fat Loss for Idiots and since you're so convinced it works I'm going to recommend it on my website.

Adam said he was running late and he had to get going. I took off and finished my run.

Here's the website Adam was talking about www.FatLoss4Idiots.com

After reviewing this product, I can see what he's talking about. No gimmicks and no BS. It's hard to argue with results.