

## 19 Quick And Easy Weight Loss Tips - With Plr



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Does Weight Loss Seem to be Too Intimidating, Boring and Complicated to You? Discover 19 Quick Tips to Lose Weight Successfully MINUS any Kind of Boredom or Complication! Purchase Private Label Rights to: 19 Quick and Easy Weight Loss Tips You will receive the main PLR Report in .DOC and .TXT formats. You will receive the graphics in .JPG and .PSD formats. Report Word Count is: 4,111 Words.

Report Description: Do you dream of pain-free weight loss? For many people the very idea of trying to lose weight has become synonymous with depriving themselves of what they enjoy most in life and suffering through the entire process. It's difficult to stay upbeat and enjoy getting fit if all you can think about is how much you are going to miss your favorite foods and how intensely you'll have to exercise to begin seeing even a slight difference in your figure. With this type of approach to weight loss it's a real wonder that people even attempt the whole thing! Attempting to lose weight this way is painful, boring and requires you to exercise a great deal of will power for months on end. You don't have to put forth such a heroic effort - The good news is that you can shed those pounds quickly, easily and painlessly by just slipping in a few simple lifestyle changes that add up over time!

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Here is a sample extract from my PLR report:

-----xxxxxxxxxxxxxxxxxxxxx----- Tip#14: Adopt The Right Mental Attitude: Instead of being focused on the outcome, develop a mental attitude of following a process. If your goal is to lose 20 pounds (an outcome) then you'll be measuring your success in terms of how close you get to losing those 20 pounds. However if you make your goals all about the process of losing weight, such as getting 15 minutes of any cardio activity every other day and doing yoga in between then you'll be a success every day! As long as you make your process goals really specific and have both short-term and long-term terms that dovetail together you'll make fantastic progress. Just remember to create the type of process goals that you'll find personally interesting enough to maintain. There's no point signing up for a new gym membership if you hate going to the gym. If you love being outdoors, then your process goal could be 30 minutes of roller skating, cycling, hiking, power walking, kickboxing etc. Don't try to do anything you intensely dislike just because you think it's good for you - you'll lose interest in it eventually. The key word here is sustainability. Start with -----xxxxxxxxxxxxxxxxxxxxx----- Plus You Get the Following Bonus Articles, with Private Label Rights! 1. Weight Loss Excuses-How to Get Rid of Them

Once and For All! (Article Word Count: 421) 2. Tired of Counting Calories-Here is an Easier Better Way to Get Rid of Extra Pounds (Article Word Count: 416) 3. Refined and Unrefined Carbs-Which One is Good for Weight Loss! (Article Word Count: 417) 4. Is Weight Loss Surgery Really Safe for Pregnant Women? (Article Word Count: 396) 5. How to Say NO to Diet and Still Lose Weight (Article Word Count: 424) 6. Getting the Best out of the South Beach Diet, Even If You Are Ultra-Busy! (Article Word Count: 395) 7. Book Review - The Menopause Diet by Larrain Gillespie (Article Word Count: 416) 8. All You Wanted to Know About the Lap Band Surgery (Article Word Count: 395) 9. 7 Tips to Help You Lose Weight Naturally and Permanently (Article Word Count: 413) 10. 5 Tips to Ensure that Your Chosen Weight Loss Program is Truly Safe and Healthy (Article Word Count: 426) Please note that NO salesletter is provided with the report! Your RIGHTS to Our PLR Content: [YES] Can Be Edited Completely and Put Your Name on it. [YES] Can be used as web content [YES] Can be used in an autoresponder e-course [YES] Can be used in a special report (free or paid) [YES] Can be used in an ebook (free or paid) [YES] Can be submitted to article directories (provided you rewrite the content) [YES] Can be published offline! [YES] Can be given away! [YES] Can be sold [YES] Can be offered as a bonus [YES] Can be packaged with other products [YES] Can be added to non-PLR membership sites (for your members' personal use ONLY) [YES] Can be used to create promotion materials for your affiliates [YES] Can be offered through auction sites. [YES] Can translate the content into a non-English language\*. [NO] Can sell Resale Rights to the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can sell Master Resale Rights to the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can sell Private Label Rights to the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can giveaway the Source files (i.e., the editable .DOC and .TXT Files) [NO] Can use unethical marketing methods or SPAM to conduct your business with the product. [NO] Can use or impersonate my name (Arindam Chakraborty), company name (NuttieContent.com) or any other of my business or personal information to conduct your business with the product There are 2 major exceptions to the above terms: \*EXCEPTION#1: If you translate the private label content into any non-English language, you own complete copyright to it. In such circumstances, you CAN sell/giveaway private label rights to the content! \*EXCEPTION#2: If you change the private label content completely (or at least enough to make it unique), then again you own complete copyright to it. In such circumstances, you CAN sell/giveaway private label rights to it! Your RIGHTS to Our PLR Graphics: [YES] Can Be Edited Completely and Put Your Name on it. [YES] Includes editable PSD files. [YES] Can rename the

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