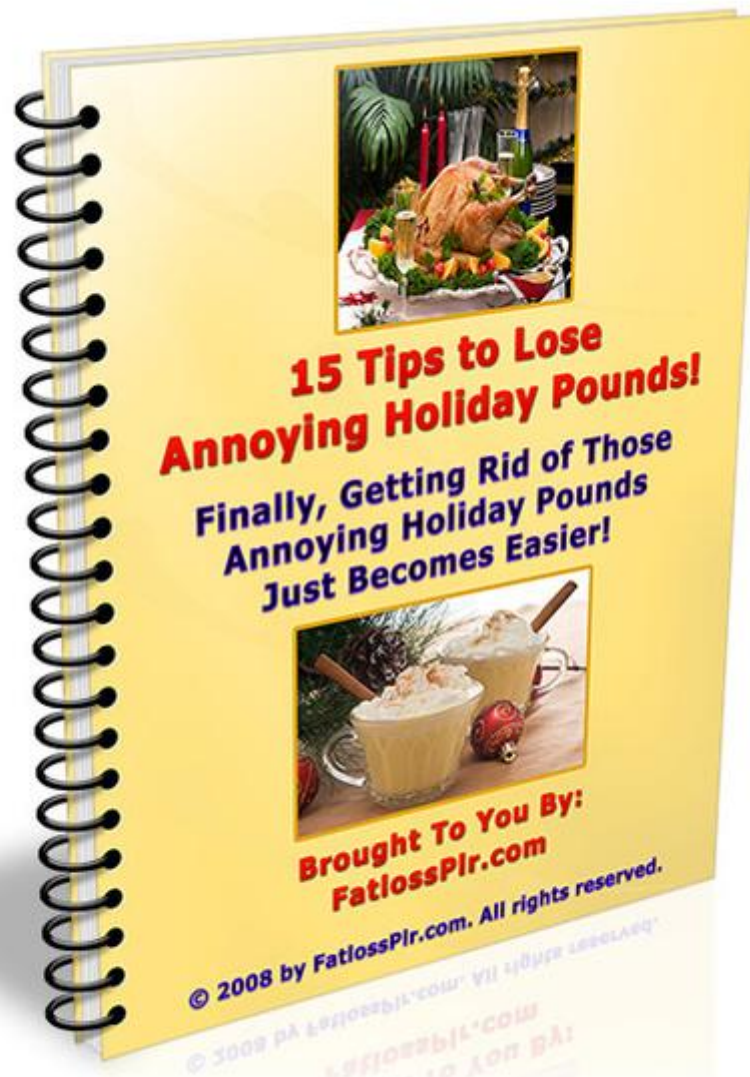


# 15 Tips To Lose Annoying Holiday Pounds - With Plr



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Purchase Private Label Rights to: 15 Tips to Lose Annoying Holiday Pounds 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: 2,165 Words. Report Description: It is estimated that an average person puts on at least 10 pounds during the holiday season. We eat more often and tend to drink larger amounts of alcohol, sodas and punch, which contain empty calories. If that is you, read this report to discover 15 EASY ways to shed those annoying holiday pounds! Table of Contents: Chapter 1: Do Not Skip Breakfast! Chapter 2: Set Realistic Weight Loss Goals! Chapter 3: Do Not Use a Crash Diet! Chapter 4: Follow a Sensible

Eating Plan Chapter 5: Incorporate Regular Exercises in Your Daily Routine! Chapter 6: Join a Weight Loss Support Group! Chapter 7: Don't Go Overboard! Chapter 8: Get Enough Sleep! Chapter 9: Eat Slowly Chapter 10: Eat Your Snacks Chapter 11: Change Your Cooking Oil! Chapter 12: Increase Your Fiber Intake Chapter 13: Avoid Junk Foods! Chapter 14: Drink Plenty of Water Chapter 15: Avoid White Bread and Pasta Here is a sample extract from my PLR report:

-----xxxxxxxxxxxxxxxxxxxxx----- Walking is one of the best exercises you can do. It is very easy to start, and you do not need any expensive equipment. All you need is a pair of shoes (suitable for walking - with good traction and support) and a place to walk. You can also start very simply and then increase your exercise level easily by walking longer distances or across a different type of terrain (such as over hills or up an incline). You should build up to walking 4 miles per day. This will be about one hour of exercise; however, do not feel like you have to start off walking one hour to begin with. If all you can do is walk for a few minutes at first, then just walk for the few minutes. Gradually increase the amount of time you walk each day. Do not -----xxxxxxxxxxxxxxxxxxxxx-----

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