



# **Fitness Truth Table: weight loss or fat loss? Make your own fat loss plan**

*Gintas Indriliunas*

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# Fitness Truth Table: weight loss or fat loss? Make your own fat loss plan

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## **Fitness Truth Table: weight loss or fat loss? Make your own fat loss plan** Gintas Indriliunas

Weight loss is no more a question. In this book you will learn how to make your own weight loss plan, nutrition plan, workout plan. Here you will find the tips which will help you to achieve even better results.

Here you will find the scientifically proven methods which works and what personal trainers are using for creating programmes for their clients.


I am a Personal Trainer myself, so I thought I can help more people by providing this information to everyone, not just to my clients.

### BE YOUR OWN PERSONAL TRAINER

When you have the information, the hardest part is to take action. Without implementing this information you wont get anywhere.

Weight Loss diets works! But it works just for a short period, you will lose weight (fat, muscle, water, energy reserves etc.) and your metabolism will slow down as well.

What you really need is a long term solution: increase in metabolism, increase in toned muscle, fat loss, increase energy levels.

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