



How to Get Your Big Butt Off the Couch, When You're Fat and Happy![how can i lose weight, what is the diet for weight loss, a diet plan to lose weight, how to lose 10 pounds, easy way to lose weight]

Troy Stevens

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This diet and exercise plan is for those of you who like me, for one reason or another quit working out, or never did and stopped worrying about what you ate, and now find yourself more out of shape, and fatter than you ever thought you could be, but you're otherwise happy and healthy, for now. That's why I've nicknamed my plan the 'Fat and Happy' diet and exercise plan.

One day at work I walked up to a co-worker and he said to me, 'Did you get stung by a bee?' I had to laugh because he was right; I looked like I was all swollen up. I told him, 'I've never been this fat before, but I also have never been this happy. So, as long as happy comes with fat, fat is alright by me.' My wife is a great cook, and I was her best customer.

This plan is the plan that worked for me. In my youth I was extremely athletic and active. The toughest thing for me to adjust to was the fact that I'm not 21 anymore. My expectations for myself in exercising were unrealistic, and I found myself disappointed which led to being discouraged. When I did 2 pull ups, I remembered being able to do 22. It took me awhile to adjust my mental expectations, but once I did I was able to enjoy and maintain my workout. I took the pressure off myself, and I began to enjoy the process of shaping up, and losing weight. This worked for me. I believe it can work for you too.

Are you asking yourself how can i lose weight?

Have you wondered what is the diet for weight loss?

Have you been looking for a realistic diet plan to lose weight?

Have you been scratching your head asking yourself how to lose 10 pounds?

Do you think there are no easy ways to lose weight?

Are you looking for a plan for weight loss that works?

Are you other wise happy and just need a healthy diet plan to lose weight?

Then start today.

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