



Weight Loss for Women Over 50: Transformation of 21 Days. The Main Tricks to Make You Lose Weight and Look Younger, Healthier & Fitter (weight loss for ... 50, women health, weight loss motivation)

Ada Healer

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Weight Loss for Women Over 50

Transformation of 21 Days.

The Main Tricks to Make You Lose Weight and Look Younger, Healthier & Fitter

Your framework and bodily health has been backed off significantly from 10 or 20 years prior when you are at age of 50. If you are not extremely dynamic, your body will work legitimately on around 1,700 calories every day. In the event that you are modestly dynamic, about 1,800 or 1,900 calories is the thing that you need to target every day. On the off chance that you appreciate an extremely dynamic way of life, you will most likely need 2,000 to 2,300 calories to keep up your present body weight and stay healthy.

This book is comprised of all the necessary steps which you are required to take for losing excess weight you have if you are a female and have reached your 50s. Losing weight in this age is important because if you have excess weight, you will become vulnerable to many other health problems as well.

Following are the points which have been discussed in this book::

- Why to lose weight at the age of 50?
- Different ways by using which losing weight can be made possible
- Benefits of losing weight
- 21 day transformation plan for those who have reached theory 50s
- Simple steps to lose excess body weight

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Becky Pope:

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