



The Buff Baker Presents: 140 Super Fun Ways to Burn Calories (The Buff Baker Fitness & Health Series)

Shawn Rashid

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140 Ways to Burn Calories Calories is something most people who face weight loss or gain care about so it is important to know what they are and how you can control the calorie intake, but also how to burn them faster and efficiently. The book 140 Ways to Burn Calories gives you all the answers you've been looking for. The book teaches you not only what calories are, but also how they affect your body, how to reduce the calorie intake and how to burn them off so it leads to weight loss. It also contains advices on how to eat healthy and how to improve your lifestyle, how to control your cravings or how to satisfy them the healthy way. After all, it all comes down to having a healthy lifestyle. Once you achieve that, you will notice the difference not only in terms of weight, but also in terms of energy level and overall mood. Get healthy and live a happy life!

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