



# Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit

*Laura Sinclair*

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This is a powerful and positive story about a quest for a change in life and the extraordinary possibilities of the human spirit.

"Before I wrote this book, I was diagnosed as MORBIDLY OBESE by my primary-care physician following a yearly visit. The only problem with this diagnosis was that we never discussed this issue. I knew that I was overweight, but it wasn't until I switched doctors and picked up my medical records that I saw this in writing. I saw myself in front of the mirror every day, so I knew things were bad, but it wasn't until I read those words, MORBIDLY OBESE, that the gravity of the situation sunk in." -LAURA SINCLAIR

At 55, Laura Sinclair was grossly overweight; the future looked dim and dangerous. Carrying extra weight was setting her up for the possibility of developing a chronic illness--heart disease, stroke, or worse. She decided to take ownership of her life and pave a new road to optimum health and happiness.

-Learn how Laura lost over 40% of her body weight and kept it off.

-How she reached a level of fitness and athleticism that she thought not possible in her 50s and beyond.

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#### **Caitlin Cruz:**

The knowledge that you get from Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit may be the more deep you rooting the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to know but Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit giving you enjoyment feeling of reading. The author conveys their point in certain way that can be understood simply by anyone who read this because the author of this e-book is well-known enough. This kind of book also makes your personal vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We suggest you for having this specific Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit instantly.

#### **Patricia Humes:**

The reason why? Because this Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit is an unordinary book that the inside of the publication waiting for you to snap this but latter it will surprise you with the secret this inside. Reading this book beside it was fantastic author who write the book in such remarkable way makes the content interior easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your skill and your critical thinking approach. So , still want to hold up having that book? If I ended up you I will go to the book store hurriedly.

#### **Marcie Johnson:**

Reading can called mind hangout, why? Because when you find yourself reading a book mainly book entitled Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit your head will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely will end up your mind friends. Imaging each and every word written in a reserve then become one form conclusion and explanation this maybe you never get before. The Over 50, Overweight & Out Of Breath: A

Year Of Going From Super Fat To Super Fit giving you one more experience more than blown away your thoughts but also giving you useful info for your better life with this era. So now let us teach you the relaxing pattern this is your body and mind are going to be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary shelling out spare time activity?

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