



From Fat Dad to Fit Dad in Four Months!: Fat Loss for Dad s Who Don t Have Time and Hate Cardio!

By Michael S Pierron

Balboa Press, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From FAT DAD to FIT DAD in four months! is written in a quick-read, cliff -notes style for BUSY Dads who don t have much time to exercise for themselves. The author lost 52 lbs. in four months by doing very little time consuming CARDIO! He did it with the best burning weight-training exercises and a much tighter diet. He did not starve himself.he ate SIX times a day. three protein shakes and three meals. He never had a craving for something forbidden, because his body started craving more GOOD FOOD! (i.e. fuel) Both of his kids, Joey, 19, and Jennifer, 16, noticed his lifestyle change.and were more motivated than ever to begin and continue their workout program and healthy food choices.

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