

Are you ready to learn the real truth about effective weight loss?

# There Are Only Two Things You Will EVER Have To Do To Lose Weight And Keep It Off... Forever!

## One Of Them Is Free... And The Other Will Save You A Lot Of Money

Welcome,

If you don't think you will ever own the perfect body then think again. A special program has now been designed to ensure that you achieve maximum weight loss and a sculptured body within weeks.

### And that's guaranteed!

In this report you're going to learn the real truth about weight loss once and for all. Sometimes the truth can hurt, but at least you'll know it's the truth. And don't worry... this report has a very happy ending.

Now, before I reveal everything I just want to ask you a simple question...

Do you **seriously** want to lose weight, get fit, look good and feel confident?

Of course you do... that's why you're here.

Today you've landed on a website that can really help you achieve all those things. But before I explain how you can get the body to die for I'm afraid I have to be **completely honest with you...**

And I know you'll appreciate my honesty because you've probably already tried a whole bunch of weight loss products... and with very disappointing results right?

Okay let's get cut to the chase...

If you want to lose weight then you'll have to work at it.

**Ouch!** Boy that hurts doesn't it?

Work at it?

**Yes, I'm afraid so**

I'd love to tell you that you can just take a magic pill and all those excess pounds will just drop off... but I can't.

And I'd love to tell you that all you have to do is play some cool hypnosis CD and you'll become a slim and trim, fine figure of a human being... but I'd just be lying to you.

I don't want to lie to you and I don't want you to become further disillusioned... I just want you to know the facts about weight loss.

So, here they are, plain and simple...

If you want to lose weight you have to...

**Move more and eat less!**

Basically that's all there is to it.

And the good news is... it's a lot easier than you might think.

***The truth starts here...***

You see, when you move around you use energy and when you use energy you burn calories. The more you move the quicker you'll burn calories and so the body fat begins to melt away.

But you probably knew that already... right?

Now get this...

The more you eat the more fat you will put on.

That's right!

The average male needs around 2500 calories a day to maintain his metabolism and keep his body functioning normally. The average female needs an intake of 2000 calories.

Everything in excess of these numbers will potentially turn to fat.

**Yeah! I know... you knew that already too... right?**

Well, there you have it. Nothing complex, nothing complicated and no closely guarded secrets here...**just plain old simple facts.**

And you knew it all along... but there are forces out there that don't want you to believe that it's really that simple.

Let me explain...

Why are so many people still buying pills, joining slimming programs, listening to hypnosis audio recordings, following rigid diet plans and even undergoing surgery?

Well, I wish I could tell you that the answer was simple...

Truth is most people who are overweight are constantly searching for that "miracle cure". That "holy grail" that will release them from their self-imposed prison.

And if that sounds anything like you, then you're going to be very pleasantly surprised because there really is a "cure" and it's right here. I'll explain more about it in just a moment. First...

**Have you been conned by the weight loss industry?**

Millions have...

Many people have tried dieting, pills and hypnosis and none of these things have worked for them. So whenever a brand new slimming plan, a new fat busting wonder drug or a new weight loss gizmo is announced, money starts changing hands like it's going out of fashion.

The weight loss industry know that anything that sounds easier than actually exercising for weight loss is a real money spinner.

Well, when you consider that the weight loss industry is worth over \$60 billion a year...

**YES! \$60,000,000,000 and rising.**

It doesn't take a mathematician to work out that someone, somewhere is making a lot of money out of other people's problems. But...

***We're all getting wiser...***

People all over the country, who seriously want to get slim, have lined the pockets of these dream peddlers, scamsters and shisters for way too long... but not any longer.

We're getting wise to all the hype.

**It's time to look at the only real and safe way to get lean.**

We don't need those pills, potions, diet plans, exercise gizmos, healthy eating recipes, hypnosis CDs, aerobic videos and even those gastric bands.

These products have been raking in fortunes for the weight loss industry for years...

Well, it's time to forget about all that stuff and it's time to get mad. I mean you need to get real angry with these people, these organizations... and show them you don't need their useless products and you're not going to listen to their false promises any more.

You've got to stop making them rich, stop letting yourself down and start getting focused.

Look, losing weight ain't going to be easy... but this is probably the easiest alternative you'll ever come across. Yes siree and I ain't kidding!

There maybe no quick fix, no magic pill and no way other than **moving more and eating less**... but when you know how to do it the right way and in the right proportions you're gonna love what you see.

**And what you're going to see is a completely new you within just a few weeks!**

## ***What's in it for you?***

Just imagine yourself being at your ideal weight. See yourself wearing the clothes you really want to wear.

See yourself walking around with a spring in your step, and more importantly...

**Imagine the look on people's faces...**

Yes... you're going to turn heads...

...you're going to get noticed and people are going to start talking about you. Some will be saying real nice things and some will be just plain jealous.

Everyone is going to want to know your secret and more people are going to want to hang out with you. People like to be seen with beautiful people like it will somehow rub off.

That's why so many models, actors and sports stars always have crowds of admiring fans who want to get close to them. And there's something else...

You'll be getting so much attention and most of it will be coming from the opposite sex.

**Oh yes! People always look at people who look good.**

When you look good, you begin to ooze sex appeal. It's like a pheromone that automatically attracts people. And you can have it.

**When you look good you're going to start feeling really good about yourself too.**

Your confidence will skyrocket and every time you look into that mirror you'll see the real you looking back. That other person that was trapped inside that big body for just way too long will have been released.

**Yep! You're going to set yourself free!**

You sure want to don't you?

Of course you do... so let's get this party started...

Now as I said in the beginning... you won't find any BS false promises here, just plain facts about what you have to do to get back in shape and stay there. And believe me...

**You're gonna love the new you... and so is everyone else.**

Okay... Remember that saying, "move more eat less".

Move more simply means exercise and let me tell you what this really means.

On the very first day that you commit to making the change that's going to make you leaner, fitter, stronger, healthier and so much more attractive... you need to have a full length mirror.

Why?

So you can see the results for yourself.

And when you start to see the results of your actions you won't want to stop. Believe me, seeing the weight come off is all the motivation you will ever need.

You won't see much change at first... you just need to have a little patience

Your body will need to adjust to the additional activity. And I'm not going to tell you that it will all be easy. It will be strenuous at times and there will be times that you might even feel like giving up.

This is normal... but I promise you it will get easier and easier as time goes by. And you'll even get to really enjoy it. I mean really enjoy it. You'll even get high on it.

### **I'm not kidding!**

When you do exercise the body releases endorphins, which gives you a natural high. Endorphins are the body's natural painkillers and they make you feel on top of the world.

Exercise can become your drug! Imagine... all you have to do to get a quick fix is a short workout.

And you don't have to take my word for it... just ask any sportsman or woman.

## ***Slowly but surely at first...***

Are you ready to experience all that pleasure?

Well, get excited because it's all coming your way very soon, but you have to start slowly at first. This program will lead you through a series of safe and sure exercises that can get you there in a matter of 2 or 3 weeks.

This program is a professional exercise plan. Not just any old plan but a plan that's been designed by a real fitness expert and with you in mind.

If you have never exercised or have done very little then your body needs to ease into it. It needs to adapt. Your body's metabolism needs to speed up but at a pace you can handle.

Despite what you might think, exercise doesn't have to be painful, but it does have to be enjoyable otherwise you'll just give up.

So, in a moment I'm going to tell you about a series of exercises, which have been developed specially for you. But before I do, I have to tell you about the next guaranteed weight loss requirement...

... eat less.

## *Why you should say yes!*

If you're overweight it's because you're putting more food into your body than you actually need. But eating less isn't easy to do if you've been over doing it for a long time.

So, here's some good news...

### **You can eat more and still lose weight.**

Well that doesn't mean that you can supersize everything. It simply means that you can eat more healthy foods. And don't worry you won't starve.

### **As far as I'm aware nobody ever died from eating too much healthy food.**

Changing your eating pattern might seem strange at first but you'll soon get used to it, and just like the exercise routine you can just ease your way into your new healthy eating pattern.

So you see, your weight loss program is not going to be very difficult at all... **in fact it's going to be fun!**

Your personal weight loss program is going to consist of doing some gentle but effective exercises and eating some healthy food.

Think you can handle it?

### **Sure you can!**

Remember... exercise isn't going to cost you anything. You don't have to spend hours working out in a gym because you can simply exercise in the complete privacy of your own home.

On one need even know you're doing it... it can be your secret.

What's more eating healthily is going to save you money too... as you'll find out for yourself.

Hmm... it's all beginning to sound too good to be true right? Well that's because it really is true. This whole report is about the truth... remember?

Right, so we've come this far and now it's time to get serious and make that all-important commitment.

It's time to say yes to...

**Shedding your excess pounds!**

**Getting fit and healthy!**

**Getting slim and looking good!**

**Getting yourself a whole new wardrobe!**

**Getting yourself a whole new happier life!**

And because you can't always do this stuff by yourself, here's all the help you need...

We've put together the perfect exercise training course for you. It has been designed by a real qualified fitness and health instructor.

Only an expert would know exactly what you personally have to do to start losing weight... and only a real expert can guide you to personal success... the only way. And that's the long lasting and effective way.

What we've done is we've created a 3 part video exercise program that you will simply watch and follow, starting at the beginner level, through to the intermediate level and onto the advanced level.

***Want to be drop dead gorgeous? Then you absolutely must have this...***

We have called this special program the ***Perfect Body Home Fatloss Workout.***

It's the only way to achieve that perfect body shape. It's suitable for losing weight and it's also suitable for toning up.

If you keep to the program, which is as easy as it gets, then you will begin to see a difference within just a few days.

You'll see BIG results within weeks, and I absolutely guarantee that if you stay with the program then you'll see amazing results within just a few months.

Having your personal trainer with you, on video, at home is the perfect way to lose weight. You can do it privately and secretly. No one need know that you're on a mission to become a new person. But boy will you surprise them all.

Now you don't need any special equipment to carry out any of the exercises in this video program but I have to say that a medicine ball and resistance bands would be useful and could help you see results quicker. These items can be purchased from any sports equipment retailer.

**And here's something else...**

Because you are really determined to lose weight this time and you want to continue to lose weight until you reach your ideal level, we've added a few bonus products to help you get there fast.

The complete ***Perfect Body Home Fatloss Workout*** is only \$77.00 including shipping and handling. And you get 3 quality weight loss training DVDs, designed to help you lose weight safely but effectively.

**You'll also get...**

## ***Free Bonus #1***

### ***How to Boost Your Metabolism ebook – Value \$27.95***

When you boost your metabolism body fat just simply melts away. There are a number of proven ways to boost your metabolism and none of them are strenuous, painful or difficult.

It's all very simple, very easy and if only you knew how... you would be losing weight right now while you are reading this.

Order your ***Perfect Body Home Fatloss Workout*** program and it's yours completely free!

**And there's more...**

## ***Free Bonus #2***

### ***Guide to Eating Healthy ebook – Value \$27.95***

How will you know what foods to eat to maintain a healthy diet? In this guide you'll discover a whole new world of delicious foods, which not only look good and taste good they'll do you a whole lot of good too.

If you follow the instructions in this guide you'll be eating only foods that are nutritious and beneficial to your body both inside and outside. Remember... you are what you eat!

Order your ***Perfect Body Home Fatloss Workout*** program and it's yours completely free!

### **And there's something else...**

When you place your order not only will you get 3 DVDs of probably the best exercise routines ever designed for guaranteed fat loss, plus 2 valuable guides to ensure you lose weight faster than ever, you'll also get a very **valuable mystery bonus**.

This is just my way of saying a BIG thank you for trusting me and thank you for finally realizing that there is only one way to lose weight effectively... just as I said in the beginning of this report...

### **"Move more eat less"**

And finally, I want you to be absolutely delighted with your purchase otherwise I don't want you to pay one single cent.

Look, you'll never know how effective the ***Perfect Body Home Fatloss Workout*** program is unless you try it, and I want you to try it in your own home, and at your convenience completely **risk free**.

So I'm going to make you an amazing offer...

Most product suppliers will guarantee their product for just 30 days, but I'm going to go one better than that. I am completely confident that if you follow this weight loss program you will see a BIG difference in the mirror within a few short weeks.

**So I'm going to give you a full 2 months to try it and see for yourself.**

**That's right! A full 60 days!**

**100% No-Quibble, 60-Day, Full  
Money-Back GUARANTEE**

**Order with confidence!** The *Perfect Body Home Fatloss Workout* program is fully guaranteed to get you the results you want or your money back. Order today and if you don't see **results within 60 days**, simply return the DVD package for a full "no-quibble" 100% refund.

To lose weight, get fit, look good and feel really confident...

**Order The *Perfect Body Home Fatloss Workout* Program Now**

**Only £77.00 including Shipping & Handling**

**Order button**

**Safe & secure payment processing**

**All orders are processed and dispatched within 2 business days**

I bet you can't wait to see the new you, so the sooner you get started the sooner you will.

Your total fitness and your good health is your right!

All the best to you,

**xxxxxx xxxxxxxxxx**

Director

**Xxxxx xxxxxxxxx**

**P.S.** Remember! You can take up to 60 days to try out The *Perfect Body Home Fatloss Workout* program completely risk free!

**P.P.S.** This special offer is only applicable to people who seriously want to lose weight, get fit, look good and feel confident... is that you?

[Disclaimer](#) | [Terms & Conditions](#) | [Contact](#)