



# **Sergeant Slim - Weapons of Mass Reduction (Volume 1)**

*Corey Lewis*

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## **Sergeant Slim - Weapons of Mass Reduction (Volume 1)** Corey Lewis

Although this book is about weight loss and fitness, it is not a diet. It's about creating healthy eating and exercise habits that you can employ to maintain a healthy weight regardless of your age. Uncover what foods you are probably eating, which make weight loss nearly impossible. Why eating the right fat is a must in order to achieve weight loss. A 30 day meal plan with 80 recipes created by a registered dietician. 36 weeks of training programs created by myself that are full of variety to prevent you from being bored 2 weeks into the program. Plus, you'll only have to actually train 3-5 hours per week. Say good bye to 90 minute marathon gym sessions 5-6 days per week. You'll also discover exercises most people aren't using, to massively increase your results.

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