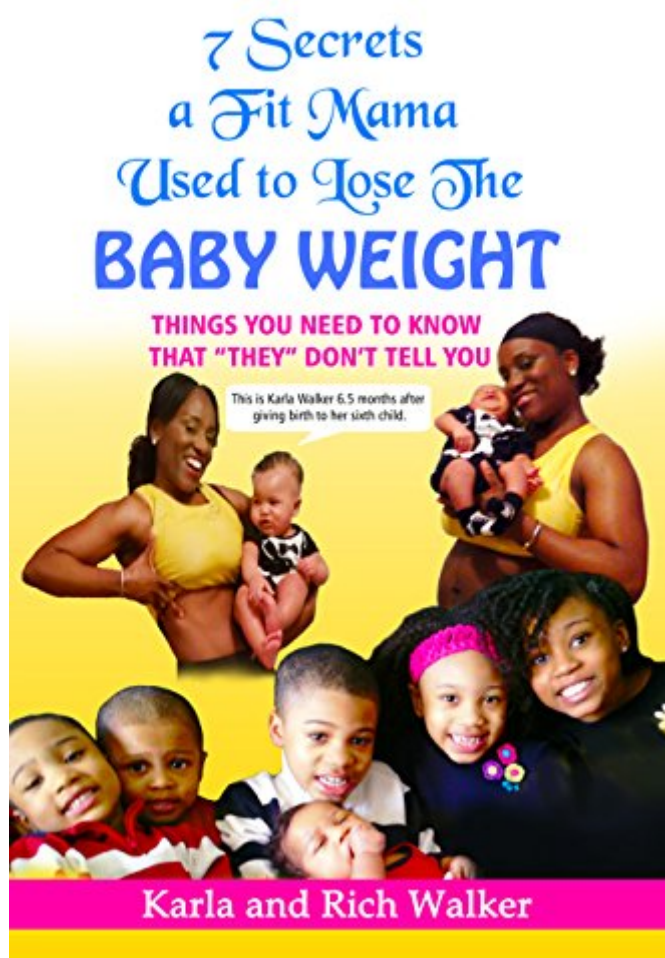


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# 7 Secrets A Fit Mama Used To Lose The Baby Weight: Things You Need To Know That "they" Don't Tell You (Fit Mamas Rock Book Series 1)



## Synopsis

Are you ready to STOP struggling to lose the stubborn fat you gained during pregnancy? Whether you gave birth two months ago or twenty years ago -Karla and Rich Walker can help you shred the unwanted fat you may still have after pregnancy. After giving birth to their six children, Karla knows how easy it is to get discouraged about losing the baby weight. And, as a supportive husband and Health and Fitness Expert, Rich knows how to empower mothers to regain their figure after childbirth. This dynamic, husband and wife duo share strategies to help you overcome frustrations and common reasons for NOT getting results. You deserve to have the body you want! You do too much as a mom not to be happy with your body. You need to know the secrets to get weight loss results that will last. After reading and acting on the strategies in this book, you can benefit from: \*Knowing how to maintain fitness results.\*Telling the baby weight goodbye. \*Getting rid of the stubborn fat.\*Attaining fitness results beyond your wildest dreams.\*Transforming your body.\* And more! Don't wait! Start reading these proven-to-get results secrets!YOU CAN KNOW THESE SECRETS TODAY!So, go ahead and start reading so your life can be positively changed!

## Book Information

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