

6 SECRETS TO STAYING SLIM AND MAINTAINING A HEALTHY BODY MASS

SECRETS OF THE SLIM FOR YOUR DIET PLAN



**Watch
Portions**



**Limit
Fat**



**Eat Fruits and
Vegetables**



**Choose Whole
Grains over Refined**



**Eat at
Home**



**Exercise, Exercise,
Exercise**

Secrets Of Staying Slim

Christian G. Meyer



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