

BEST PERSONAL TRAINING STUDIO NEAR ME | PULSE FITNESS

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Contact: pulsefitness

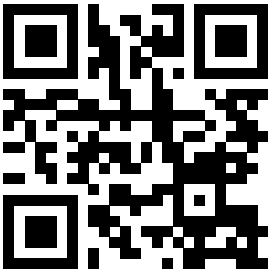
Phone:

Address: Scottsdale, Arizona, United States

Price: 9.00 USD

Description:

You may last a couple of weeks at most before hitting a weight loss plateau. Then, it happens... daily Thanksgiving kicks in. You make it all day following your diet, right up until about the time you get home from the gyms in scottsdale. Then, you binge eat everything in sight. This isn't due to a lack of will power, this is pure survival. Not only are you telling your body to react this way because you decreased your calories, but you also just ran on the treadmill for an hour. How much sense does that make from a survival standpoint? More on that later...



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