

The Busy Woman's Fitness Solution

*Your Secret to Getting
Back in Shape in the
Comfort and Privacy of
Your Own Home*



*by
Dave Soucy*


PerfectFit, LLC
Personalized fitness solutions

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“The Busy Woman’s Fitness Solution”

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With Healthy Weight Inner Circle, You Can Finally Lose That Belly Fat, Trim Those Thighs, Tone Those Muscles, Get Healthy, and Fit Into Your Skinny Jeans Again!

Join our community and let our exclusive **Metabolism Makeover Course** finally help lose weight, get fit, and be healthy and happy with the way you look and feel for a lifetime.

You know diets don't work.

The Metabolism Makeover will show you what does.



Healthy Weight Inner Circle is a private, members-only resource exclusively for people like you who are serious about losing weight and getting healthy once and for all.

All Inner Circle members gain access to our exclusive [Metabolism Makeover Interactive Classroom](#), a 12-week course which will show you how to finally lose fat for a lifetime, without fads, gimmicks, or ridiculous diets.

Healthy Weight Inner Circle is **NOT** about the latest fads, gimmicks, or diets. It's time to face the fact that those snake-oil salesmen who are trying to convince you to try the latest Hollywood fad diet, miracle diet pill

or supplement, or instant abs infomercial gimmick are lying to you.

We **ARE** about losing weight and getting fit for a lifetime, and our [Metabolism Makeover Interactive Classroom](#) will help you do that by showing you the real way to lose that belly fat, firm up those muscles, and get the body you deserve. You'll do that by **NOT** starving yourself and by learning how to get the maximum benefit from *workouts that can take as little as 30 minutes.*

When you do that, great things happen.

Think about it. Is anything really more important than your health and fitness?

Think about what it would be like to be the same dress size you were before you had children.

Or what it would be like to be the same size you were in your wedding pictures.

How would you like have people comment on how great you look, instead of whisper behind your back how much weight you've gained?

How would you like to regain your old golf swing? The swing you used to have before that extra weight threw your game off the cliff.

Maybe you'd like to be able to tend to your garden without having to lather yourself in Ben-Gay for a week after?

Wouldn't you like to have the strength to carry your child up a flight of stairs without getting winded?

How much would it be worth to you to lower your blood pressure, reduce your risk for heart disease and diabetes, and just generally feel better and have more energy?

How much would it be worth to you to get a trimmer waist, leaner thighs, and defined arms and shoulders?

And how would you like to do all of this WITHOUT diet pills, fad diets, infomercial gimmicks, or crazy supplements?

Can you even put a price on it?

Well, the average monthly cost for a gym membership is around \$40. A single session with a personal trainer will run \$50 - \$90. A membership and food plan from one of those diet centers can be almost \$400/month. And those ridiculous infomercial exercise contraptions can cost hundreds of dollars! People often spend thousands of dollars a year on these things and most of them don't get the results they want!



For a fraction of those costs, you can get all of the benefits a Healthy Weight Inner Circle membership including:

- Never dieting again. That's right. Your last diet was your *LAST* diet! Our Metabolism Makeover course will finally teach you what eating right means.
- Never again having to wonder if your exercise program is the right one for you. When you participate in the Metabolism Makeover, every week you'll receive a new workout program, with detailed instructions to follow. In addition, there will be a new lesson every week designed to help you create new habits that will speed you on your path to losing fat, getting fit, and achieving the body of your dreams.
- You'll be sure you're doing each exercise properly and getting the greatest results possible out of your efforts. With close to 100 exercise video clips (and more being added) you'll learn exactly how to perform each move safely and effectively.



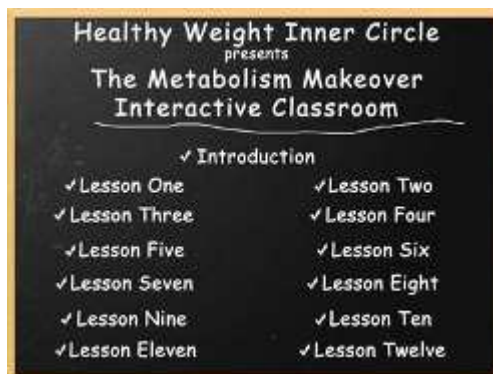
Your friends will think you hired a Personal Trainer!

- Members will have access to the complete HWIC archives, including all of the Metabolism Makeover lessons, video Tips of the Week, Exercise Video Libraries, and more, so no matter when you join you'll have a full array of training programs designed to help you lose that belly fat, build those arms, define those thighs and glutes, and get fit the right way.
- Instead of relying on some company to sell you lousy-tasting, pre-packaged, tiny meals, you'll learn how eating healthy can be easy and tasty. HWIC's Recipe Box has over 100 easy-to-make recipes for appetizers, main dishes, side dishes, desserts, and more!
- Lessons and articles that will uncover all of the misinformation regarding diets and fitness in the marketplace that you are bombarded with daily. You'll never fall for the lies and deceptions of those fad diet marketers again.
- The support of a community of people just like you in the HWIC Discussion Forums.
- Expert interviews on fitness, nutrition, fat loss, motivation, and more.
- Weekly health and fitness video tips.

There's no need to struggle on your own any more. We are here to help and to share our experiences with you.

And the best part is the price. For a limited time, you can check out all of our extremely valuable information, including the Exclusive Metabolism Makeover course, with our **14-day \$1 trial offer**.

If you decide to stay on, you'll pay only \$12.95 per month, or less than \$10 per month if you choose our quarterly billing option. Cancel anytime. Considering you'll learn to finally lose weight and never diet again, its a bargain.



Put it this way.

How would you feel a year from now if you discovered there were tips, techniques and strategies which could have made a tremendous difference in your weight, health, and appearance? What if the only thing stopping you from discovering that advice was an investment of .32 cents a day? How much is your health and fitness worth? Think of how much more than this you've spent on one fad diet book or 'miracle' product, none of which ever lived up to the promises.

Still not sure? Go ahead and watch the first 30 minute video lesson from the Metabolism Makeover Course for FREE. Don't worry, it's not a sales pitch. It's an actual lesson from the course, jam-packed with real information. [CLICK HERE to check it out.](#)



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Congratulations

Hello, my name is Dave Soucy, owner of Perfect Fit Fitness Bootcamps and founder of [Healthy Weight Inner Circle](#). If you're like most of my clients, you're reading this because you want to make a change in your life, and let me first congratulate you for taking this step.

By taking the time to read this program, you are making a commitment to seek positive change in your health, fitness, and life. It is an investment that will pay off immensely for the rest of your life.

This manual will provide you instruction for safe, simple, and effective exercises that you can do at home, most with little or no equipment. Make no mistake, fitness and weight loss takes effort, but with my instruction, if you are consistent with your fitness efforts, I know you can reach your fitness and weight loss goals.

I don't believe in those 'lose 30 lbs in 30 days' or 'lose weight with no effort' or 'get six pack abs in six minutes' rip offs that you often see advertised. Long term fitness and permanent weight loss does take effort, and you will need to challenge yourself with this program to see results. But, the effort you put in will pay off like no other.

If you have tried diet after diet and always gained the weight back, or tried the latest fat burner and didn't see results, you hopefully now understand that diets and magic pills will not provide long term weight loss and fitness.

The truth is, you have to eat right and exercise. Forever. This is not a debate, and if you were hoping to find some magic secret in here that would give you instant weight loss without any effort, well, sorry about that. You've got the wrong book.

But, if you are finally ready to commit to a healthy lifestyle that includes effective, simple exercises that you can do in the privacy of your own home, then you've taken your first step. If you'd like even more info on exercising, fitness, healthy nutrition, and weight loss, please visit our online fitness community at [Healthy Weight Inner Circle](#).

Dave Soucy

16 Benefits of Healthy Weight Inner Circle

Everyone has their own reasons for making a decision to improve their life through a fitness program. And while most people are concerned with losing weight and looking better, here is a list of many of the other important potential benefits that [Healthy Weight Inner Circle](#) can provide:

Loss of body fat

Do you know that when you attempt to lose weight by dieting alone, you end up losing some fat, but also much lean muscle and water?

Also, calorie restriction causes your body to slow down your metabolism, so as soon as you increase calorie intake again, the fat comes back on faster than ever.

A strategy built around sound nutrition and exercise can help you maximize fat loss while maintaining or gaining valuable lean muscle.

Weight control

Unlike diets, a sound nutrition and exercise strategy can lead to a lifetime of stable weight, getting you off of the weight loss - weight gain roller coaster that comes with diets.

A fad diet may get you back into those size 4 pants again for a month, but a well thought out fitness lifestyle can keep you in them forever.

Look better naked

Well, who doesn't want that?

Increased metabolism

Contrary to popular perception, a fast or slow metabolism is not a gift or curse you are given at birth.

It is easy to blame your metabolism for weight gain, but in reality, we are **NOT** the victims of our metabolism, rather we are the **CREATORS** of our metabolism.

While calorie restricted diets literally destroy your metabolism, a properly designed exercise and nutrition plan can dramatically fire up your metabolism

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