

Lose Weight Like a Guy

Fit Training

Copyright 2012 Linda T. Gottlieb, *F.I.T. Training*

www.FitTraining.net

47 Housatonic Drive, Milford, CT 06460

Phone (203) 877-5270 email: linda@fittraining.net

He drops pounds overnight; you gain weight just glancing at a doughnut. Here, 7 habits you should steal.

Here are 7 guy habits that can help you slim down, get strong, and be healthier too.

1. He _____ crave sweets
2. He doesn't get upset when he _____
3. He lifts _____ weights
4. He doesn't use food as a _____
5. He acts out his _____
6. He _____ time for himself
7. He doesn't give up _____ foods

Bottom line: Weight loss is as much about attitude as it is about aptitude. Adopting a male mind-set, at least in this arena, can make you a leaner, more in-control woman.