



^aWeight Loss: defined as a decrease of at least 5% of baseline body weight

^bWeight Maintenance: defined as remaining at a body weight of at least 5% less than baseline body weight for a minimum of one year.

Framework Weight Loss

J Elliott



Framework Weight Loss:

Ignite the flame of optimism with is motivational masterpiece, **Framework Weight Loss** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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