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Glenn D Johnson is an, exercise physiologist, health coach, college instructor, podcaster and writer. He has been in the health and fitness industry since 1999 and holds a bachelor's degree in journalism and a master's in kinesiology.

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When you're looking for a weight loss program, it's wise to look for one that will meet your needs and set you up for long-term success. In general, look for programs that focus on steady weight

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The idea behind this completely free weight loss diet plan is quite simple it's the ANTI-fad diet. It is the complete opposite of every borderline idiotic and completely unnecessary diet program in existence.

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These reviews of free weight loss programs are based on my research and understanding of these plans. My opinion may vary from yours, however, the information is meant to be a guide for you to select the best free weight loss plan for you.

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