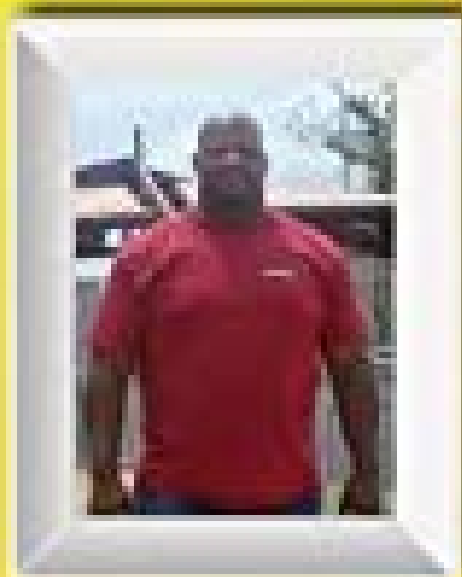
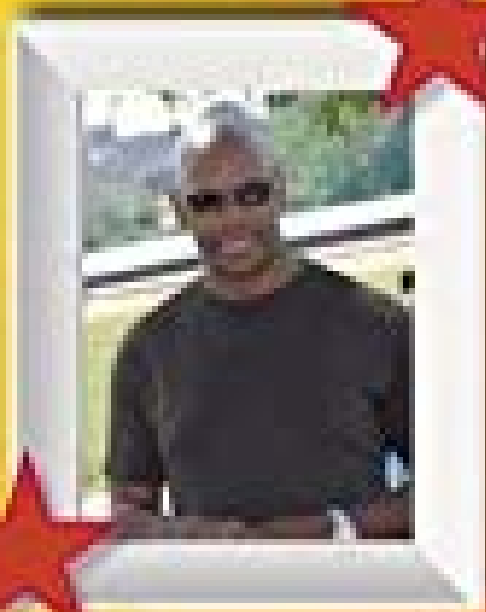


# How I Lost **50** Pounds in **5** Seconds



A Story of a New Life  
by Steve Fitzhugh

Steve's journey back to health is a powerful testimony to the importance of life change



**"Inspiring, educational, & instructional!"**

Steve Fitzhugh

## How I Lost 50 Pounds in 5 Seconds



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Former NFL free protection Steve Fitzhugh weighed 197 pounds his rookie time of year. After pension, he gained more than 100 pounds. He felt terrible, looked terrible, and was not living a life style that promoted longevity. End up being inspired! His style is definitely engaging and humorous and in this book, he shares his secrets and motivation for turning around his habits. Steve is certainly a motivational speaker to companies and youth around the world. When the doctor told him he was in grave risk for substantial stroke and diabetes, he decided to perform what was needed to change his lifestyle.



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I'm All In! #Sugarispoison That is my mantra now due to this publication.. I've experienced the same behavioral, cultural and family related issues he generates there but at the end of the day I simply did not want to pay attention. I was frustrated, unhappy, depressed and a complete slew of other feelings when I finally I stated... What an inspiring story of not only getting the weight off but keeping it off!that's it....that's enough.he's true and that's what resonated with me the most. encouraging! Will that mean I am not going to fail again? I hope you obtain that out of this book as well. Steve is certainly funny, insightful but most imporant. Loosing weight is not easy in any manner you cut it, but I appreciated reading this book and becoming encouraged in my journey. Great book with plenty of info and tips for weight loss and good health Great reserve from a man who was heading toward diabetes, stroke, or worse and turned his health and existence around. Steve Fitzhugh really breaks it down with the struggles that he confronted in becoming healthful in this reserve that captivated me. This reserve helped me REGROUP the areas of diet, exercise, motivation and education that I had been lacking. No but now I have recognized that this journey to a wholesome lifestyle will probably be worth it if I want to continue enjoying life with the ones that I love nowadays.. He really put time and research into how processed foods and sugars affects our bodies and how all things that burns calories can help. I can relate with his binges at the 7-11 and becoming one Big Mac from a massive stroke. I've lost 50 pounds this season by also eliminating 7-11 and McDonald's and am now trying to tone up and educate myself so I don't slip back into bad habits. Lots of good info and tips in the book. Very helpful and educaitonal! You truly do need all four in my opinion to reach your goals.. :) great read I believe Steve Fitzhugh has hit the nail on the proverbial head with this short story work. Its extremely inspirational. What an inspiration!. Very practical &



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