

BONUS INSIDE: THE 5 MINUTE, 5 DAY NINJA FITNESS FORMULA

# ***Bully Proof*** **FITNESS**

*The Ultimate Guide for Parents to  
Win the Battle Against Bullies, Bellies and  
Make Your Kid Feel Like a Super Ninja*

**CHRIS CASAMASSA**

Chris Casamassa

Bully Proof Fitness: The ultimate guide for parents to win the battle against bullies, bellies, and make your kid feel like a Super Ninja



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The battle against bullies & bellies has been going on for generations. Now parents could have the tools they want and become better equipped to greatly help their kids with time tested and proven strategies to fight back against both bullies and bellies. Bullying, specifically at schools, is almost at epidemic levels and has resulted in kids who turn to drugs, alcohol or even suicide! Since the 1960's, the amount of children who are believed obese or obese has almost quadrupled. Inside this book we uncover the secrets which have helped countless numbers of kids are more confident and personal reliant than ever before. Parents thinks that it displays on them and they occasionally blame themselves, and their wrong, they must not be blaming themselves. There is a fundamental concern, and it's not really what the psychologists state. It's not what the school system says. It's not what the parents believe. Often, parents have the incorrect conclusion about their children being bullied. This is the step-by-step system that has helped over 20,000 kids get more powerful, feel safer, and be well informed. BULLY PROOF FITNESS runs on the dynamic combination of simple, short 1- 5 minute training sessions that can be customized to any kid (or adult). With easy to follow videos, children can get fit , strong and healthy in no time! This is the BEST system on the planet to help kids obtain Bully Proof and on track for success in school and existence! [combullyprooffitness.chriscasamassa.com](http://combullyprooffitness.chriscasamassa.com) >Download the Bully Evidence APP on iTunes & Google play >Find out even more at [www](http://www). >Get free workouts and meal plans at [www](http://www).



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..!! Love it! Why? I did so it because I believe in Chris Casamassa and what he's teaching our kids. Today with so many internal and exterior pressures facing our kids, it is fine as a parent to have a street map that assists our children cope with bullying. As a fighting techniques professional myself, I am very impressed. Awesome book! Casamassa knocks that one from the part. I will get more information on implementing the program in my business today! Fantastic book about bully prevention A great guide for kids from a specialist in the area. This book is a must have for fighting techniques school owners, gym owners, day cares, PE teachers, school teachers and administration, and PARENTS! Great Tips Chris's book is well crafted and filled with useful advice. Absolutely amazing! There is a ton of great information in this book. Chris offers outdone himself with this reserve and he should be as pleased with it and what it'll do for our children as I am proud of him. Understand this book, read it put into action it into your child's daily life! Must for PARENTS... Nothing can beat this. ESSENTIAL Buy for just about any PARENT! The author is actually as expert upon this topic. only a genuine Master can share such a great value! Great! Not only did I write a forwards for this publication, I also purchased the reserve the day that it became obtainable!. Five Stars A book every mother or father should read!



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