

HEART PLAN

**WEIGHT LOSS SUCCESS
Begins in Your Heart**



HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart

START HERE – Finding Your Weight Loss “Why”

PART 1 of a 5 Part Series.

The world doesn’t need another weight loss program.

The truth is – they all work.

The problem is not losing weight on them.

The real problem is everyone RE-GAINS lost weight. Then gain a few pounds more than when they first started.

Weight loss programs make you RE-GAIN weight.

Most Americans are 10 to 20 pounds overweight when they first tried a commercial weight loss program. They lose about 8 pounds. One year afterwards, they are 20 to 30 pounds overweight.

Weight loss customers attempt to lose weight 4-9 times with various weight loss programs. Each time, one year later, they weigh an extra 10 pounds.

Americans are an average of 30 pounds to 50 pounds overweight. Plus a HUGE and rapidly growing percentage of us are now 75 pounds to 100 pounds overweight.



The big name weight loss programs have been in business 30-40 years or more, with millions and tens of millions of customers of having used their programs. Most of their customers are REPEAT customers. Which leads to a startling conclusion...

...THE NUMBER ONE CAUSE OF WEIGHT RE-GAIN IN AMERICA? Weight Loss programs.

If weight loss PROGRAMS worked, we would all be skinny.

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See the continuation of this chapter, in Part 2.

– Boyd Jentsch

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