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## FAT TO FIT AT 40 EBOOKS 2019

**FAT to FIT at 40**  
MY DAILY JOURNAL JOURNEY



Author: Erin Freel

Release Date: Expected @@expectedReleaseDate@@

Ever really wonder how someone loses 100 lbs.? What did they eat, how did they exercise, what did they weigh day-to-day and how did they feel emotionally during that journey? This book is a diary, a daily unedited journal that follows the journey of someone determined to get the weight off once and for all. After writing in a journal every day for a year, tracking her weight, tracking her exercise and honestly listing her good and bad days of eating habits, Erin decided the journal might be worth sharing. As she reread through the struggles of those first 12 months she recognized seven tips that seemed to be the key to her success. In Fat to Fit at 40 she shares those 7 tips right at the beginning of the book. Then you read the setbacks and accomplishments day-by-day, month-by-month. She intersperses it with monthly chapters consisting of gems she learned along the way about exercise, fasting, juicing, monitoring your blood sugar, making time for yourself, participating in triathlons and much, much more.

The most telling and inspirational part of the book is seeing on a daily basis that you win if you never give up. You watch her go up and down the scale, but mostly down the scale. Erin proves that the prize goes to the one that sticks with it. Erin went from 239 lbs. to 139 lbs., from a size 18/20 to a size 4/6. She was on the high end of the obese category on the BMI chart and it took her 70 lbs. to find her way back down the chart to be in the "normal" category. She went from not being able to run more than a minute on the treadmill to running half and full marathons, triathlons and paddle boarding as a hobby. This book is raw and real. It's a personal journal that was never to be published until friends and family members continued to ask, "How did you do it?" And with that, she felt compelled to reveal what she did - EVERY DAY!

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