
Does anyone know a weight loss strategy???

Posted by Mandy - 2008/05/31 18:12

Hi, I am 23 years old and have been gaining on pounds and this is getting to me. The thing is that after several efforts of exercise and dieting, I don't seem to get any slimmer! There are many ways to lose weight, but I have exhausted all the ways I know. I have consulted a few people but all of them have been telling me the same thing. It isn't helping me and only making my fears worse.

Is there some way to make me feel better!!!

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Re:Does anyone know a weight loss strategy???

Posted by Switlana - 2008/06/02 12:26

You are not the only one having problems trying to lose weight, without any success. I know that it is very frustrating to try all sorts of things and still be in the same shape?..I too have faced that!!! Just a couple of weeks back I came across Weight Loss 2008 that not only made me glad I did (I finally got a product that does the real thing) but got the work started. It has been a great way for me because it doesn't throw up obstacles but gets the job done.

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