Crash Diets don't work!

Written by DATE_FORMAT_LC2 -



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First of all: A crash diet never works in the long term.

Two of the main requirements for successful weight loss and the subsequent maintenance of a desired target weight involve exercise and a good nutrition plan. The combination of a healthy diet and fitness training, using weights and aerobic activities, will help you to develop a leaner, more athletic body and form the basis for an active lifestyle.

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