



The Big Fat Health and Fitness Lie

Craig Pepin-Donat

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FINALLY, THE TRUTH ABOUT HEALTH AND FITNESS IS REVEALED

"Craig has helped an incredible number of people around the world get started on a path to living better. This book provides valuable information essential for anyone interested in improving their health."

-- Cindy Crawford, Model

For years we've all been tricked into spending our hard-earned money on products that "guarantee" impossible results. For most of us, the struggle to lose weight, stay fit or just maintain the semblance of a healthy lifestyle is a constant battle. Unfortunately, there are people and industries that prey on our vulnerabilities. We are relentlessly enticed by advertising, seduced by marketing gimmicks, prescribed unnecessary drugs, served unhealthy food, sold useless products, misled by government agencies, and, well, left to fend for ourselves as our health deteriorates.

Shockingly, the very industries that promise to improve our health have actually deceived us and are sabotaging our efforts. Fit Advocate and former industry insider Craig Pepin-Donat walked away from a career as a top fitness industry executive to expose the big, fat health and fitness lie and he is here with a message. Stop getting ripped off by diets, gimmicks, fads, books, fitness gurus and billion dollar industries trying to con you out of your money.

The Big Fat Health and Fitness Lie exposes the industries and companies that profit at the expense of your health and your pocketbook, but it doesn't stop there. It is chock full of insights, recommendations and resources to get you on the path to a healthy and fit lifestyle -- permanently. Before you spend another penny on health and fitness products, you owe it to yourself to read The Big Fat Health and Fitness Lie.

The Big Fat Health and Fitness Lie will:

- * Protect you from the scams, rip-offs and outright lies of unscrupulous companies
- * Expose the dirty little secrets of the health care and pharmaceutical industries
- * Reveal step-by-step how to create a healthy and fit lifestyle
- * Show you how to lose weight safely and permanently
- * Save you thousands of dollars on products that don't work
- * Provide hundreds of valuable resources on your path to better living

THE TRUTH WILL CHANGE YOUR LIFE!

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