

BONUS PACKS 2025

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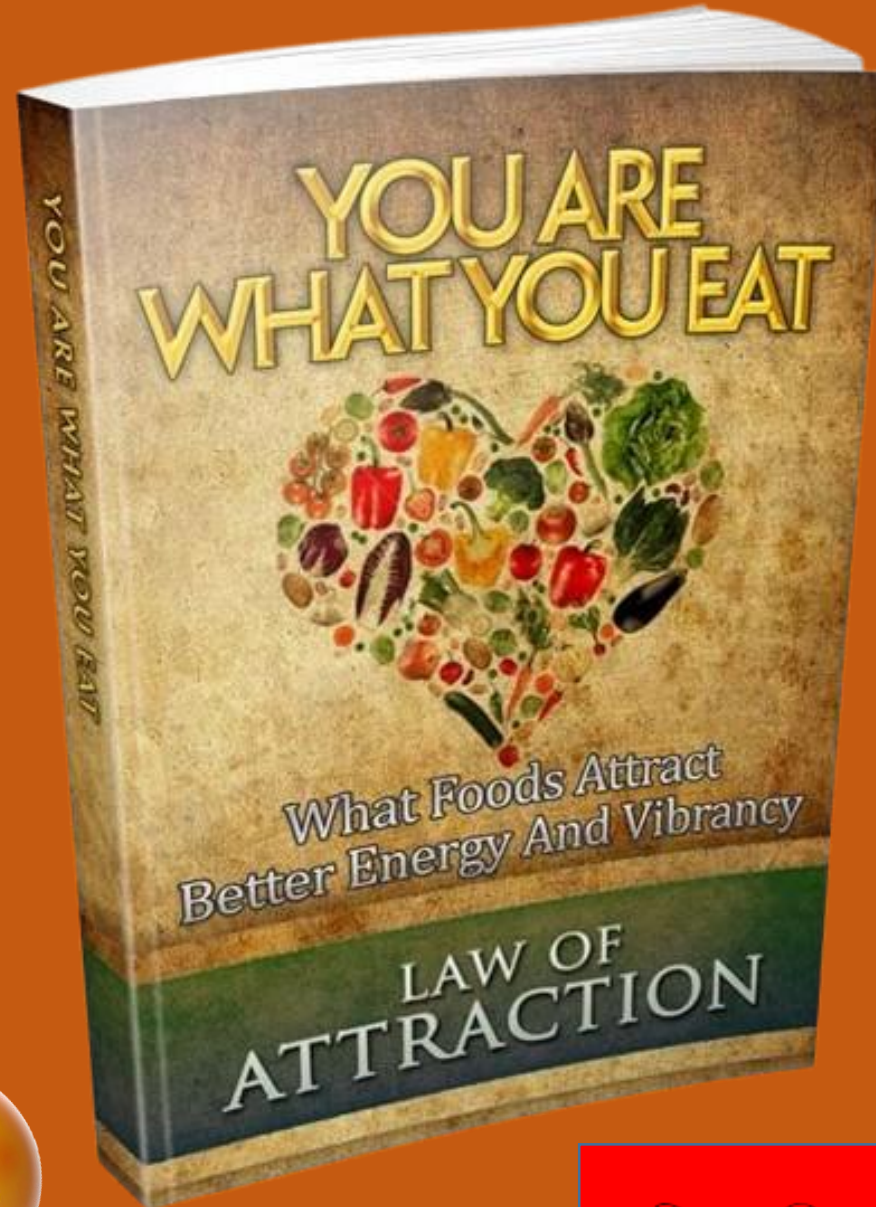


BONUS PACK # 12

Bonus Worth \$530

You Are What You Eat

Nutrition makes up a large portion of you health and appearance. Many professionals will testify that as much as 80% of your weight loss and fitness results are based on your diet.



Eating Right

Are you ready to start eating healthy today? It's About Time For You To Learn How To Eat Right and Be Bright!



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24 Hour Fat Burn

**Revealed! The Secrets To Mastering
Your Metabolism That Will Turn You
Into A Fat Burning Machine!**



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Fit In 15

A Fat Loss Program Designed For Women Who Want A Safe, Effective Weight Loss Plan Without All The Restrictions Of Typical Fad Diets! This 45+ page guide is a total body weight loss plan specifically designed for Women.



10 Simple Keto Recipes

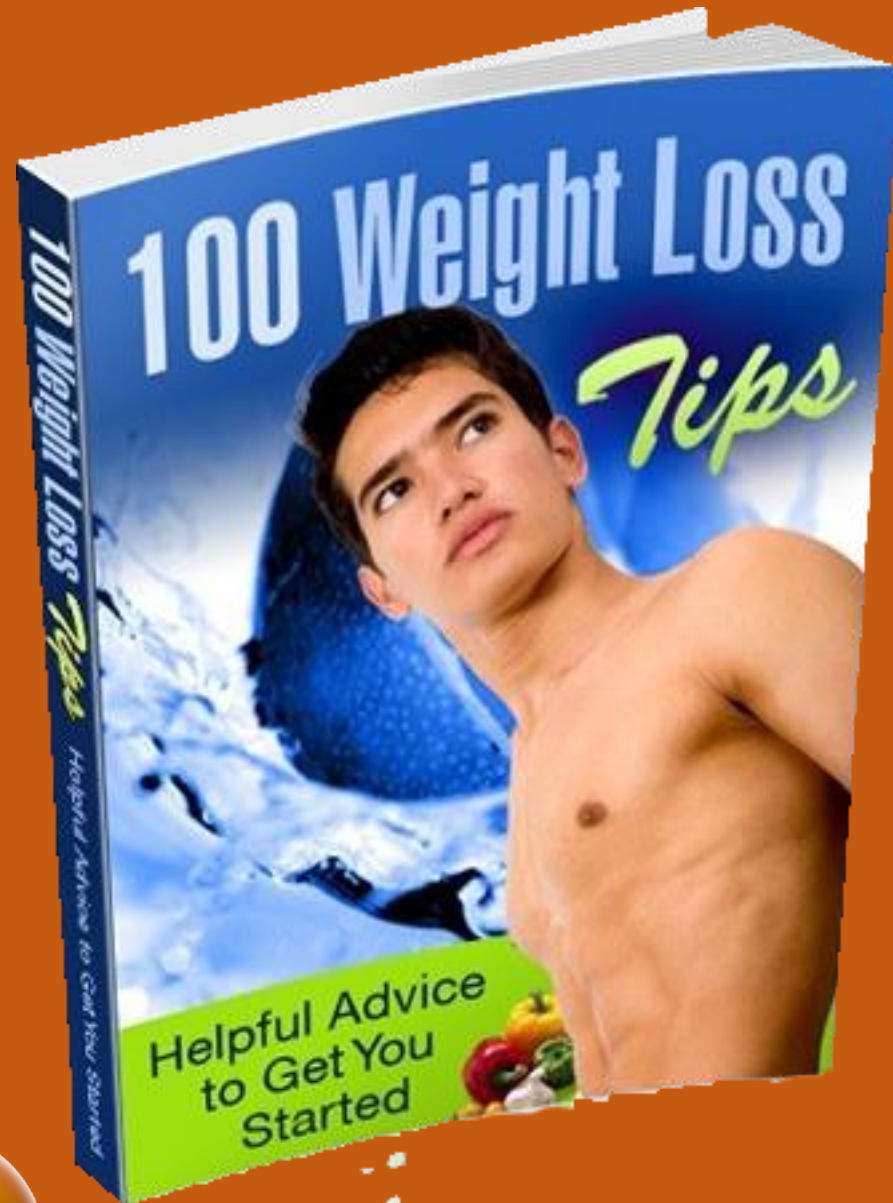
10 Simple Keto Recipes You Can
Make In Under 10 Minutes!



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100 Weight Loss Tips

Discover 100 tips to lose weight fast!



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2 Easy Ways to Help You Lose Weight Before Christmas

Losing weight can be a tough battle, and it definitely takes patience and time. If you've tried the many different diets out there, you know how frustrating it can be to wait and see real results.



5 Ways To Get Rid Of The Baby Fat

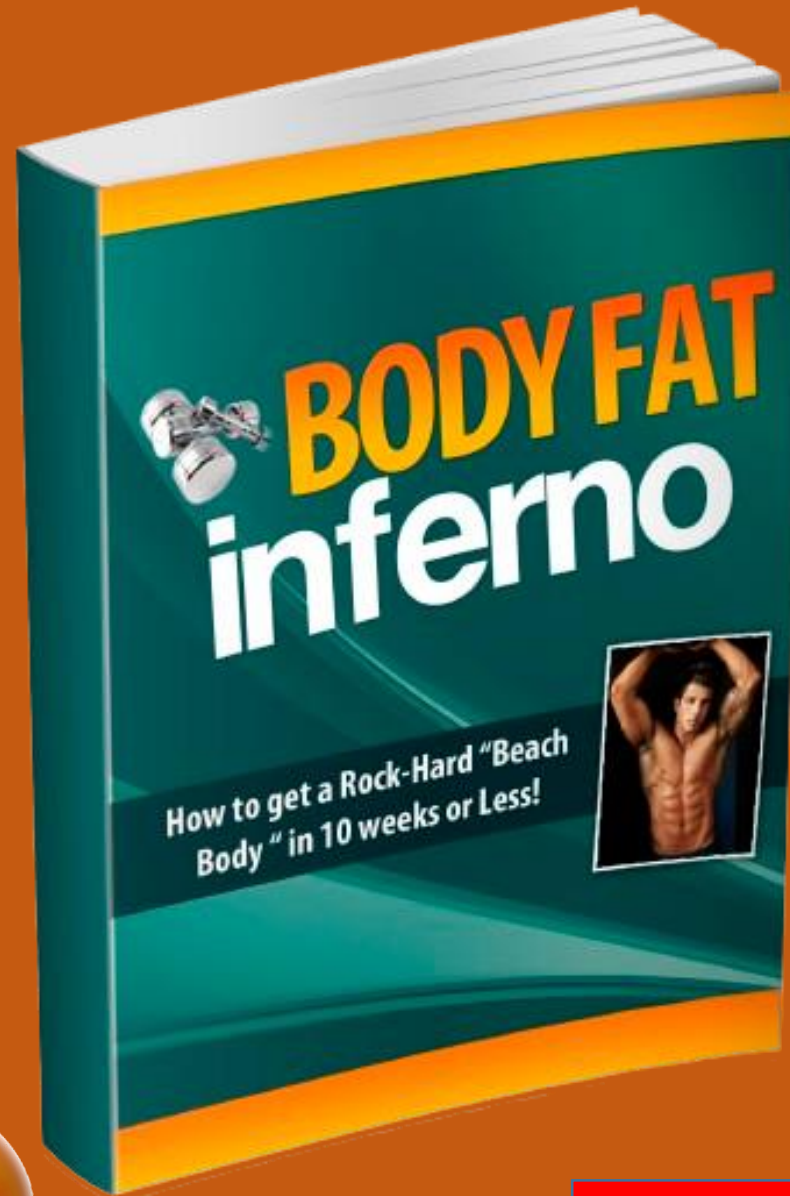
Discover 5 Ways To Get Rid Of The
Baby Fat Fast



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Body Fat Inferno

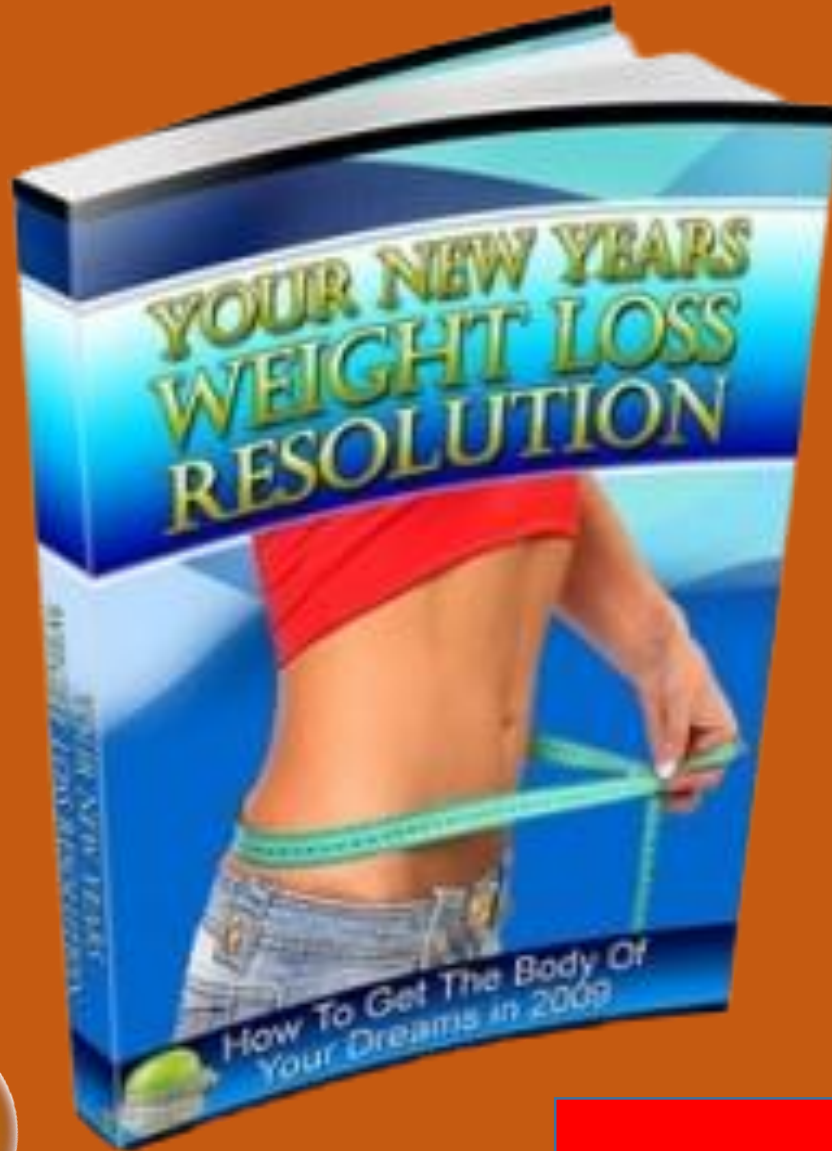
Fabulos cheat sheets to get rid of fat



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Your New Years Weight Loss Resolution

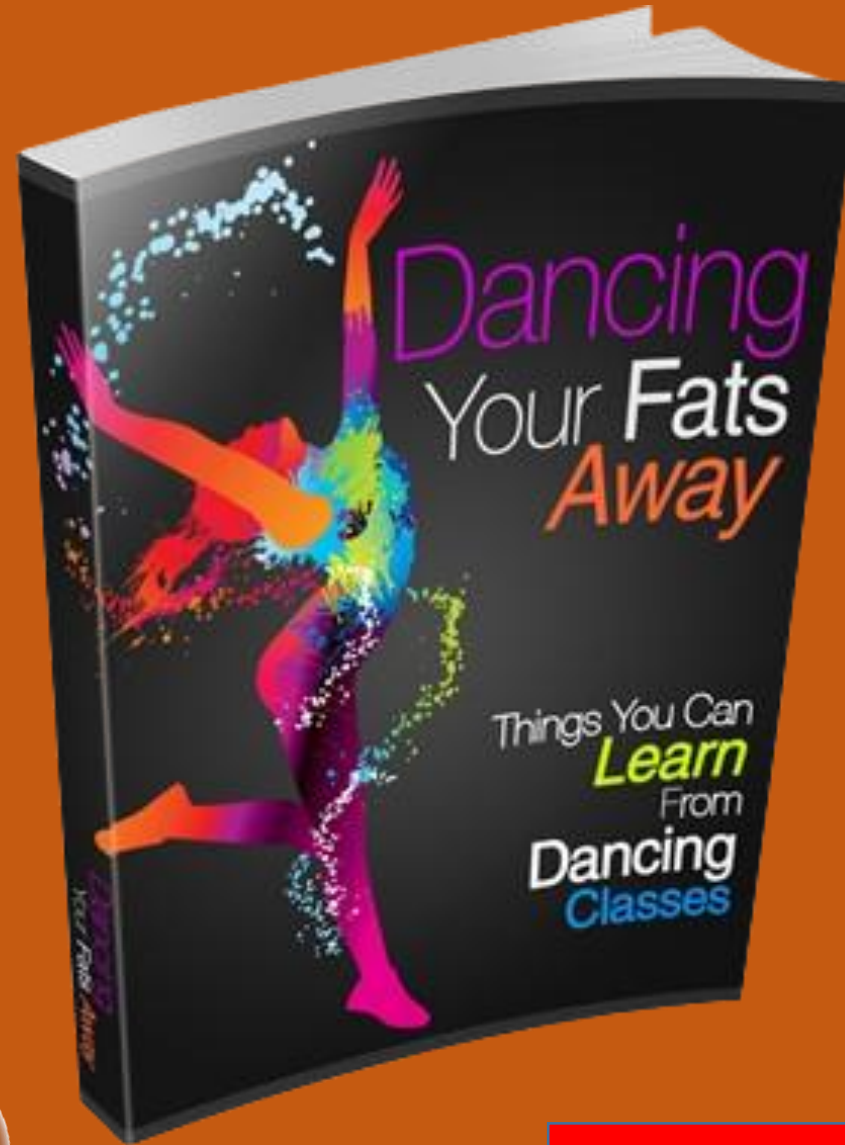
Sure you haven't tried this program before but you no doubt aren't a stranger to the dieting merry-go-round that has been plaguing your life up to this point.



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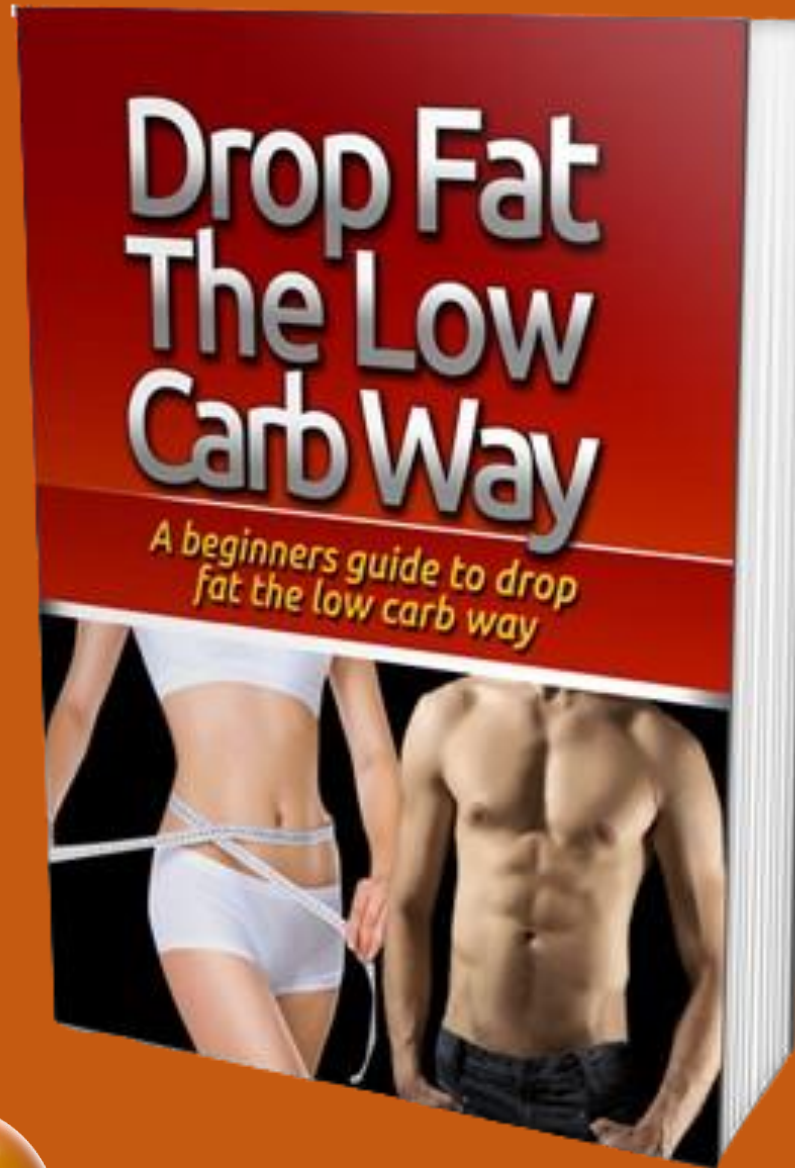
Dancing Your Fats Away

Dance may have been created for enjoyment, aesthetic expression, and socialization; but these days, it is considered one of the most effective ways of exercising for fat loss.



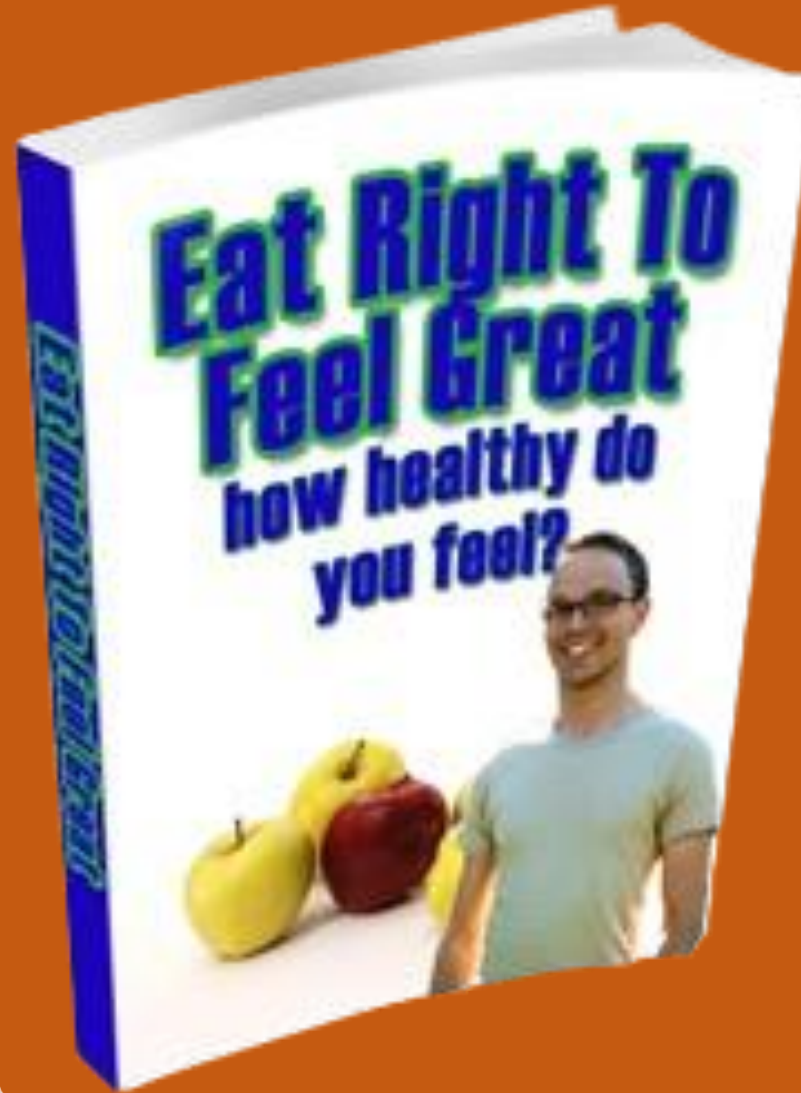
Drop Fat The Low Carb Way

Weight gain and obesity have become causes of health concerns in the western world. Obesity in particular is one of the leading causes of preventable death in the world today.



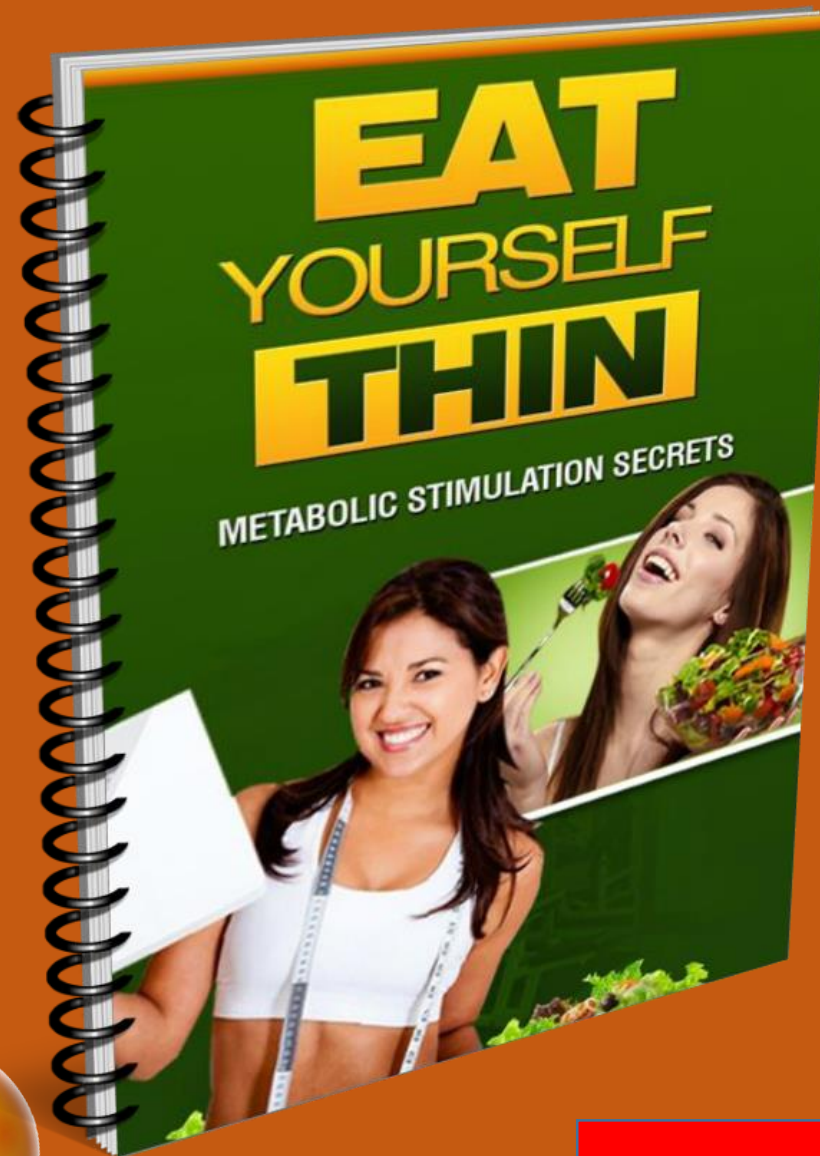
Eat Right To Feel Great

Most of us consider ourselves 'healthy' individuals. We may, however, just be blissfully unaware of the grim reality!



Eat Yourself Thin

If you're overweight, you are not a bad person. You're simply overweight. But it's important to lose the extra pounds so you'll look good, feel healthier and develop a sense of pride and self-esteem. Once you've lost the fat, you'll need to maintain your weight.



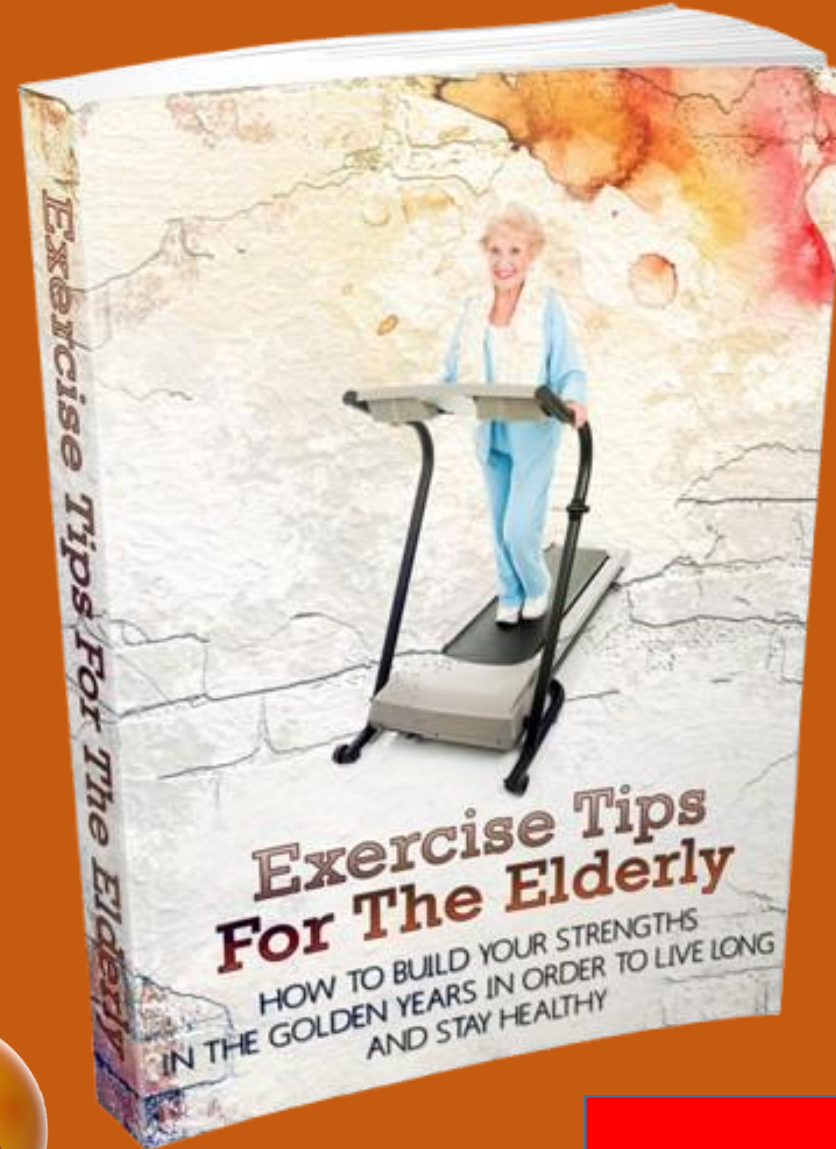
Empowered Fitness Bible

When it comes to fitness, you don't need to be a runner or aspire to be an athlete to start improving your overall fitness condition.



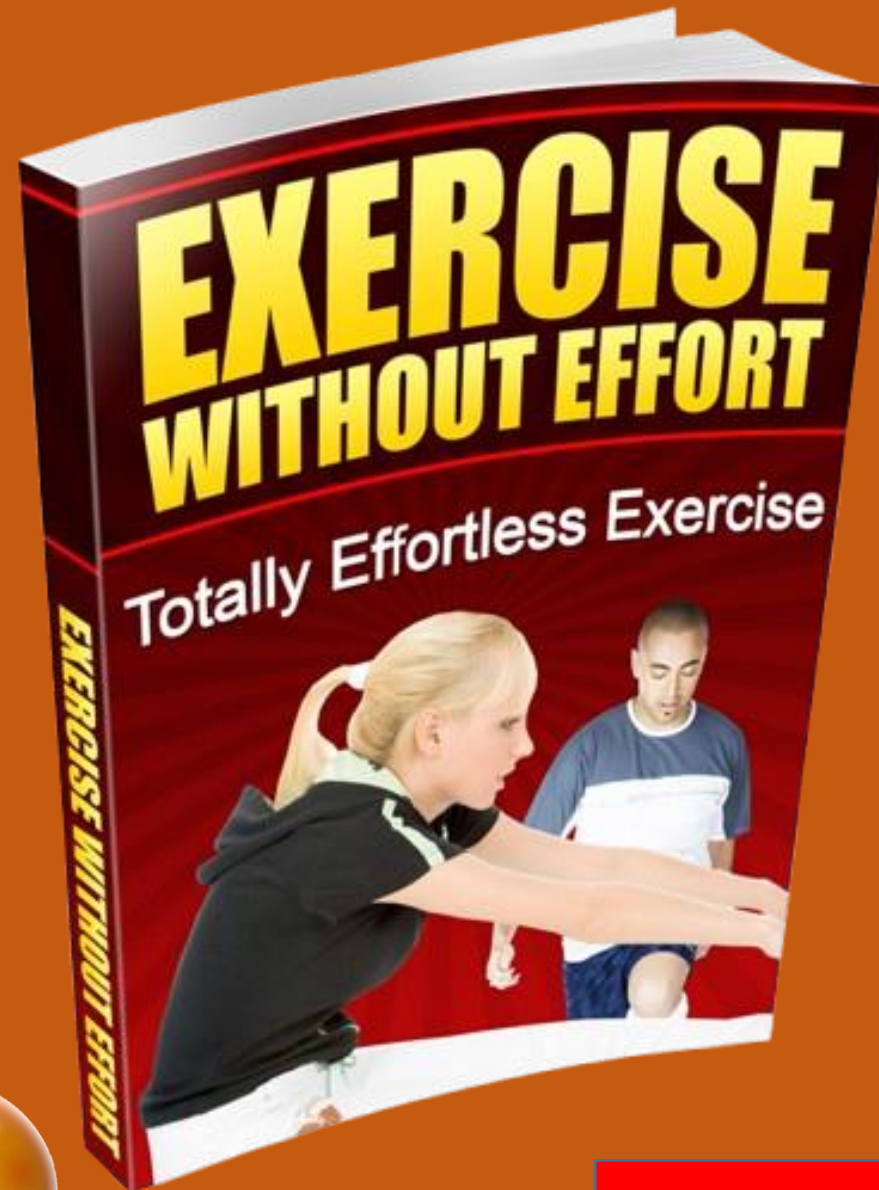
Exercise Tips For The Elderly

Generally, fit individuals as old as 90 can decrease their tendency to fall by up to fifty percent through physical activity and balance training.



Exercise without effort

It is a fact of modern life that most people do not exercise enough. This, allied to a diet which is heavy on sugar and fat laden fast foods, has led to a tidal wave of overweight and obese people in most Western countries, a tidal wave that is becoming increasingly difficult to turn back.



Fad diet Fiascos

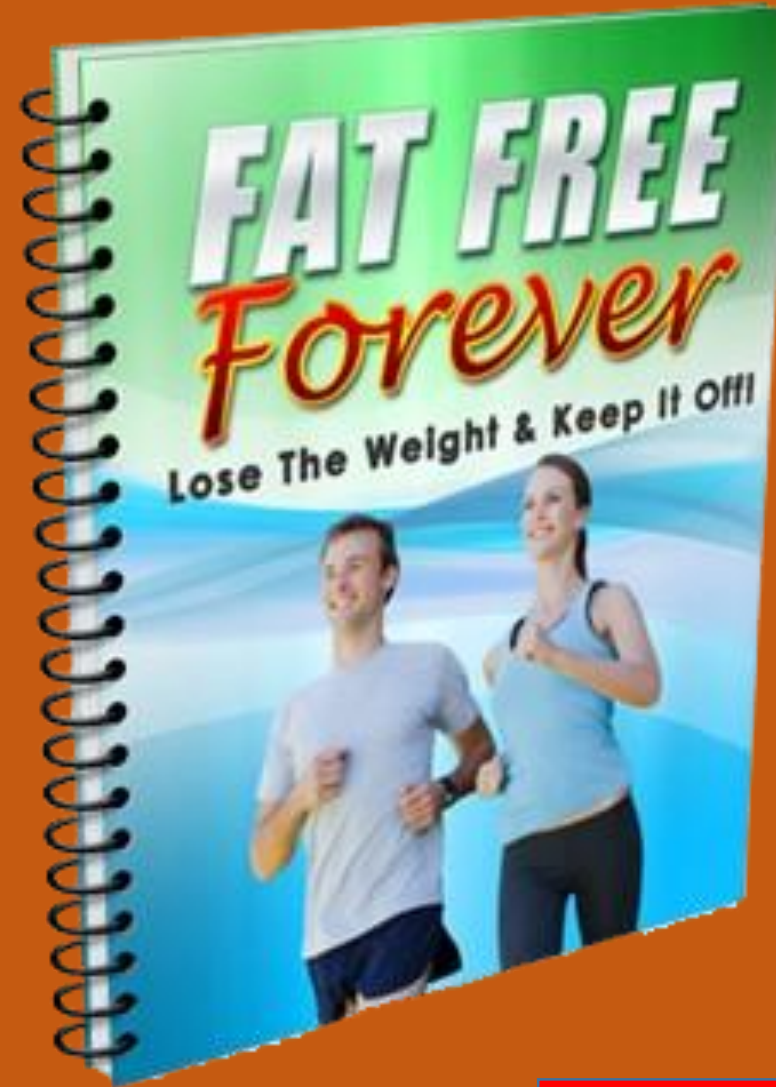
Many people have already experienced the amazing results of a fad diet. However, there is a tendency for them to put their weight back on sooner or later because quick weight loss is something that is not healthy for the human body.



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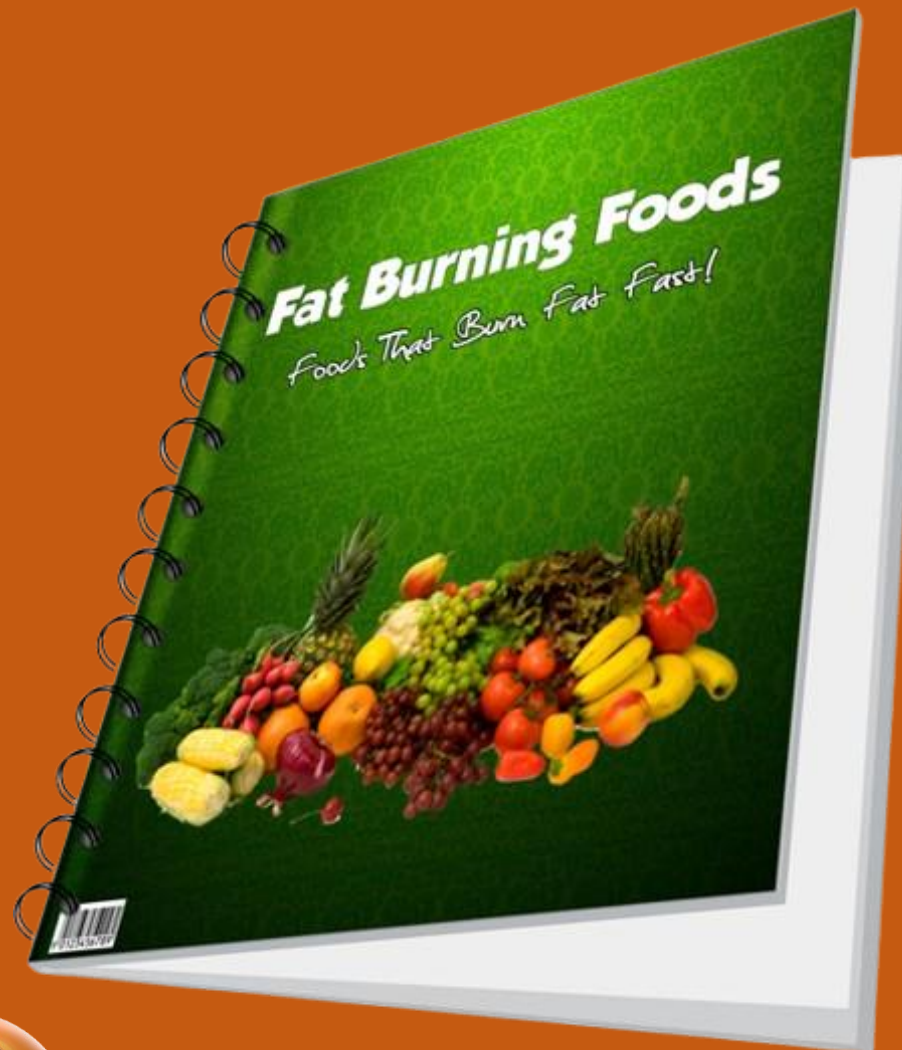
Fat Free Forever

I know – you’ve tried everything. Every diet and exercise plan going. At first, everything goes great. You plunge in, full of determination that this time it’s going to be different.



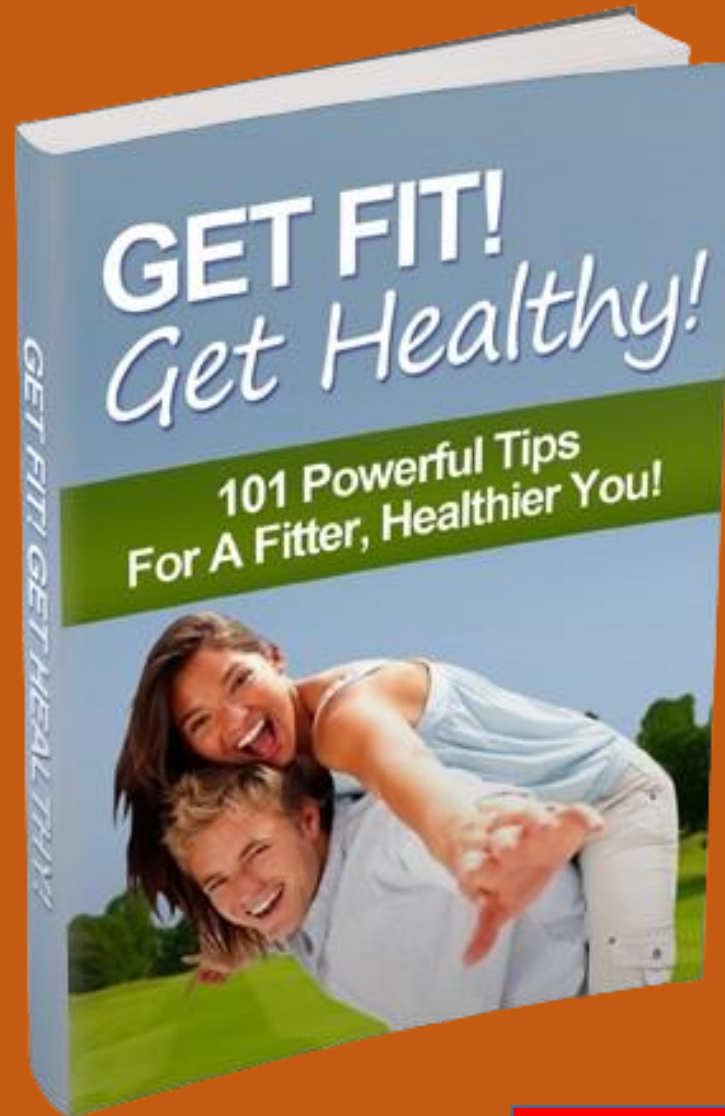
Fat Burning Foods

If you're overweight, you are not a bad person. You're simply overweight. But it's important to lose the extra pounds so you'll look good, feel healthier and develop a sense of pride and self-esteem. Once you've lost the fat, you'll need to maintain your weight.



Get Fit Get Healthy

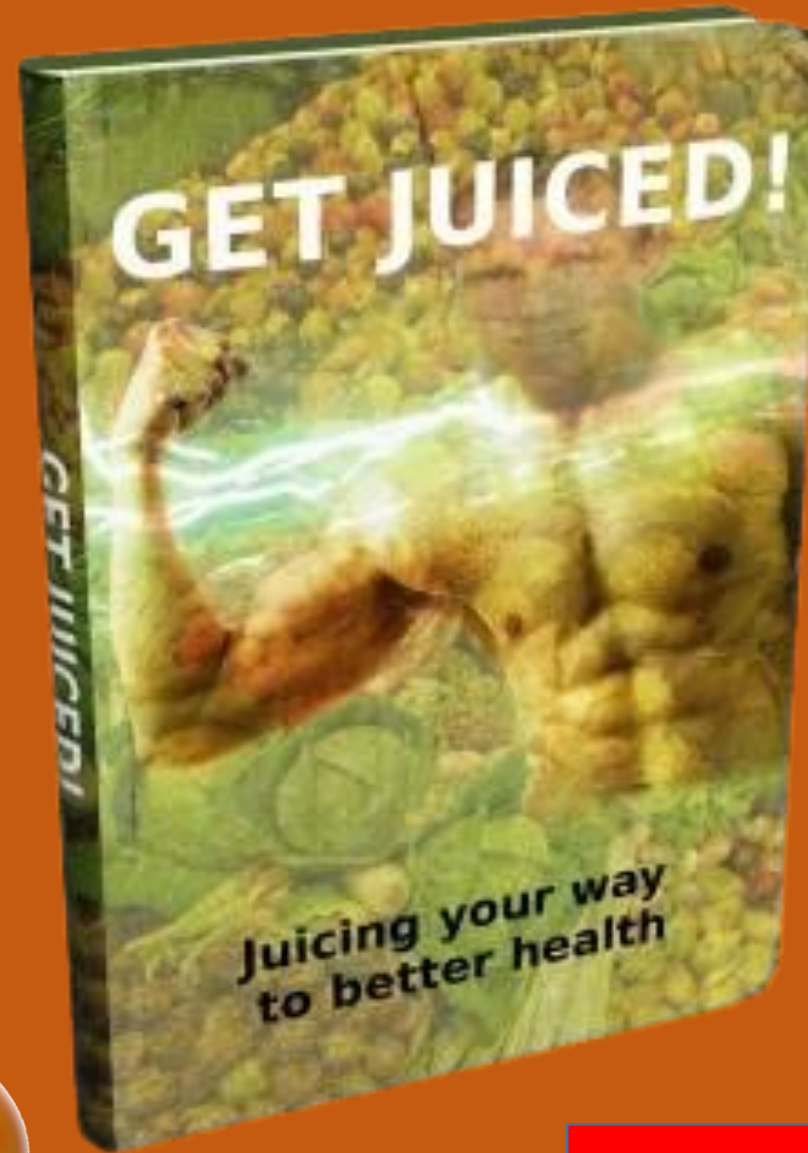
Fact: If you want more out of life, you need to be ready to commit more and invest more into staying fit and eating right.



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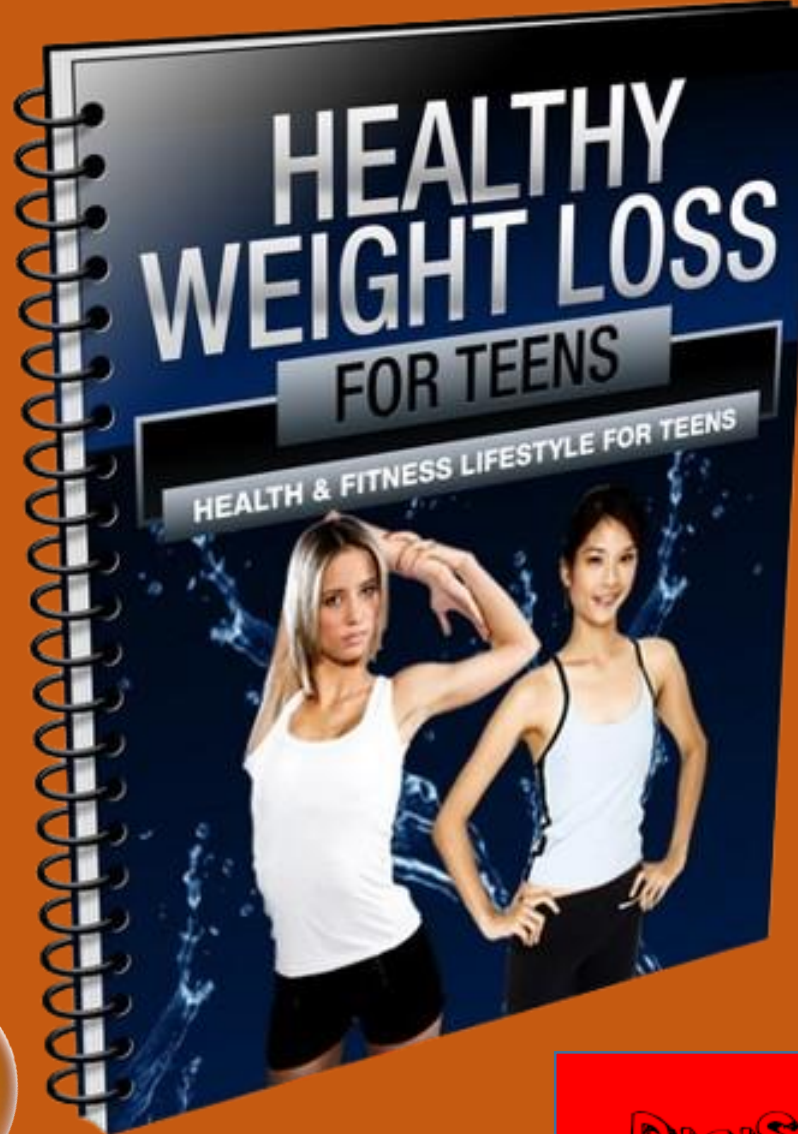
Get Juiced

Whether it is just a fad or an exercise that is here to stay, juicing is becoming more and more popular, especially for those who are very health conscious.



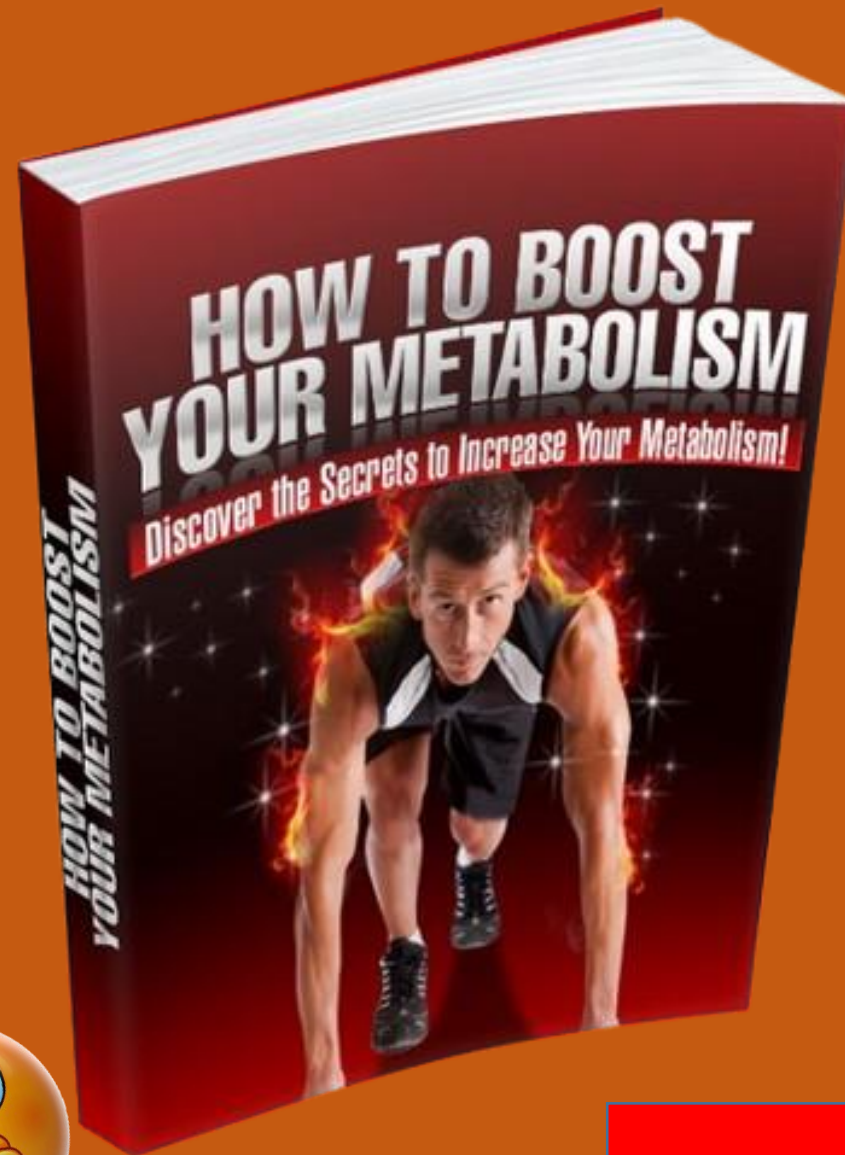
Healthy Weight Loss For Teens

According to the National Center for Health Statistics, there has been a dramatic increase in obesity in Americans since the 1990s.



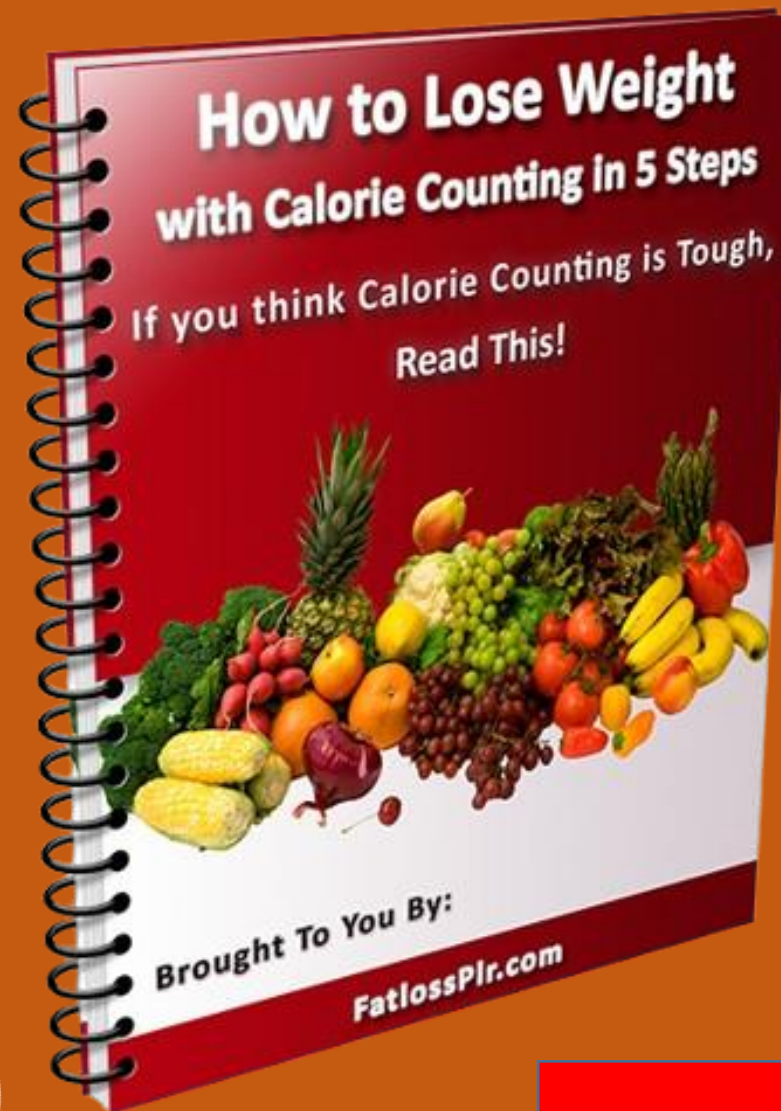
How To Boost Your Metabolism

Some people think metabolism is a kind of organ, or a body part, that influences digestion. Actually, the metabolism isn't a body part. Metabolism, is the process of transforming food (e.g. nutrients) into fuel (e.g. energy).



How to Lose Weight with Calorie Counting in 5 Steps

So you've toughed it out through diet after diet with seemingly no result. You've reached the point where you have tried everything you can think of to lose weight. You eat healthy. You exercise regularly.



Junk Food Eliminator

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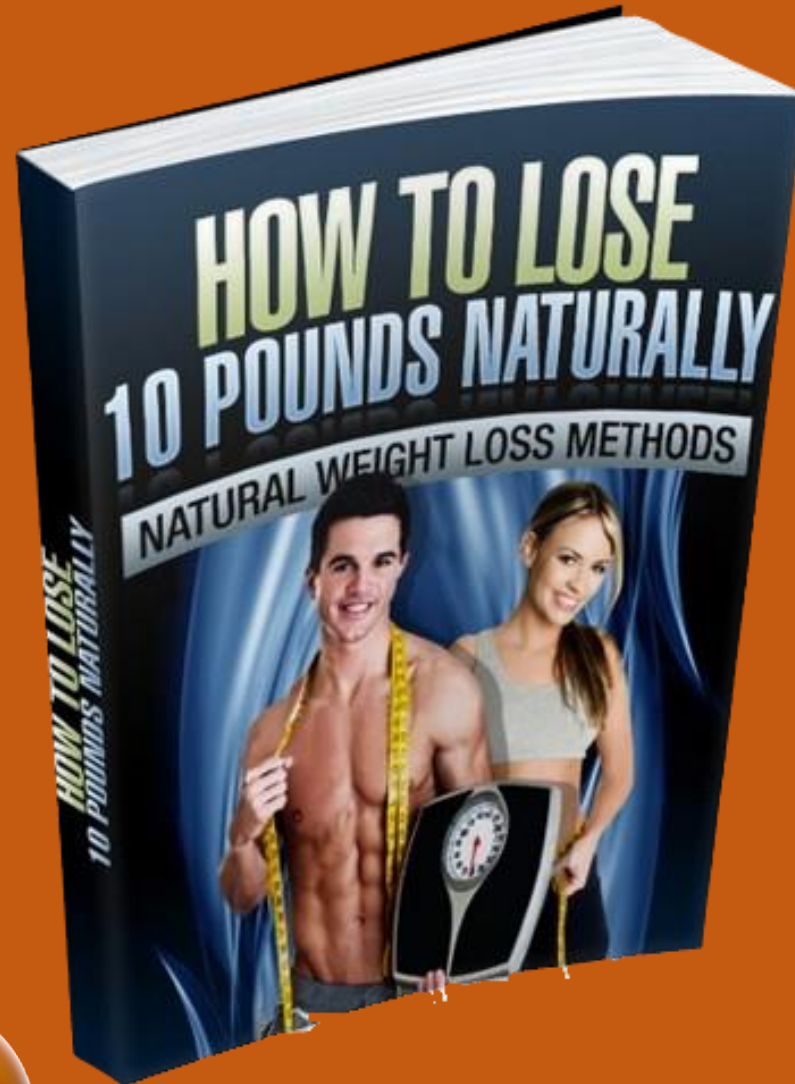
We are not only talking about hamburgers and pizza but the whole industry of processed foods and how they are becoming more and more popular.



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Lose 10 Pounds Naturally

There was a time in this world when the need to lose weight was completely unheard of. People ate well, but they worked well too. They woke up early in the morning and then engaged in a whole day's work.



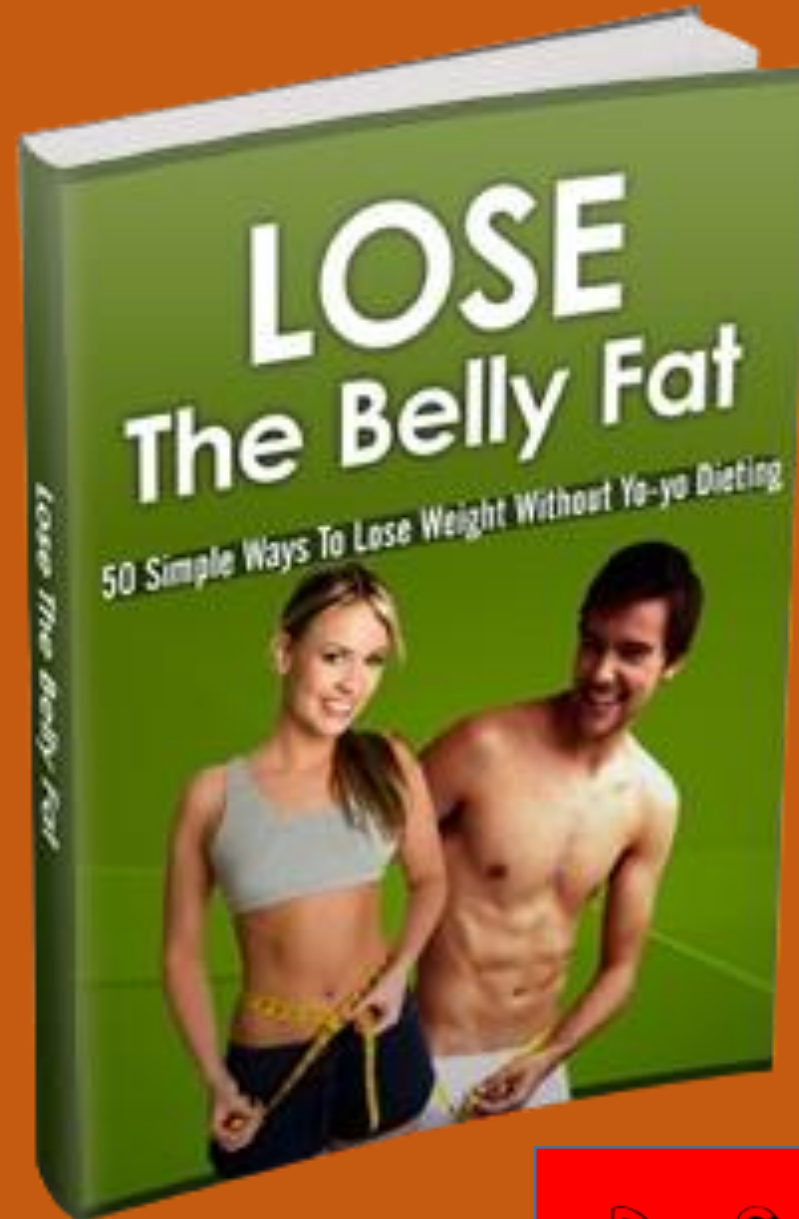
Lose Fat Get Fit

With few basic equipments and little creativity, it is quite easy to start a home fitness regime. The convenience that comes with exercising at home gives a person the opportunity of working out anytime and the way you want to.



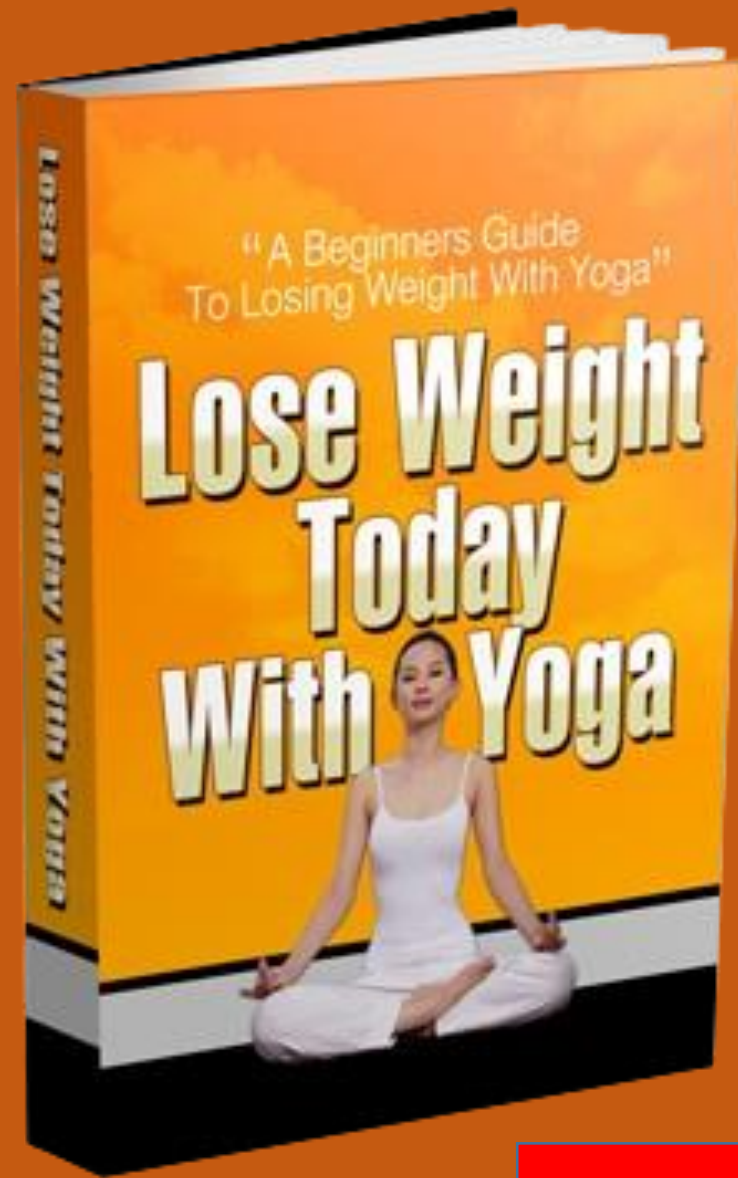
Lose The Belly Fat

Abdominal obesity, also known as central obesity, is something that many people worldwide have problems with. Once you hit middle age, far too many people are plagued by those two dreaded words...belly fat.



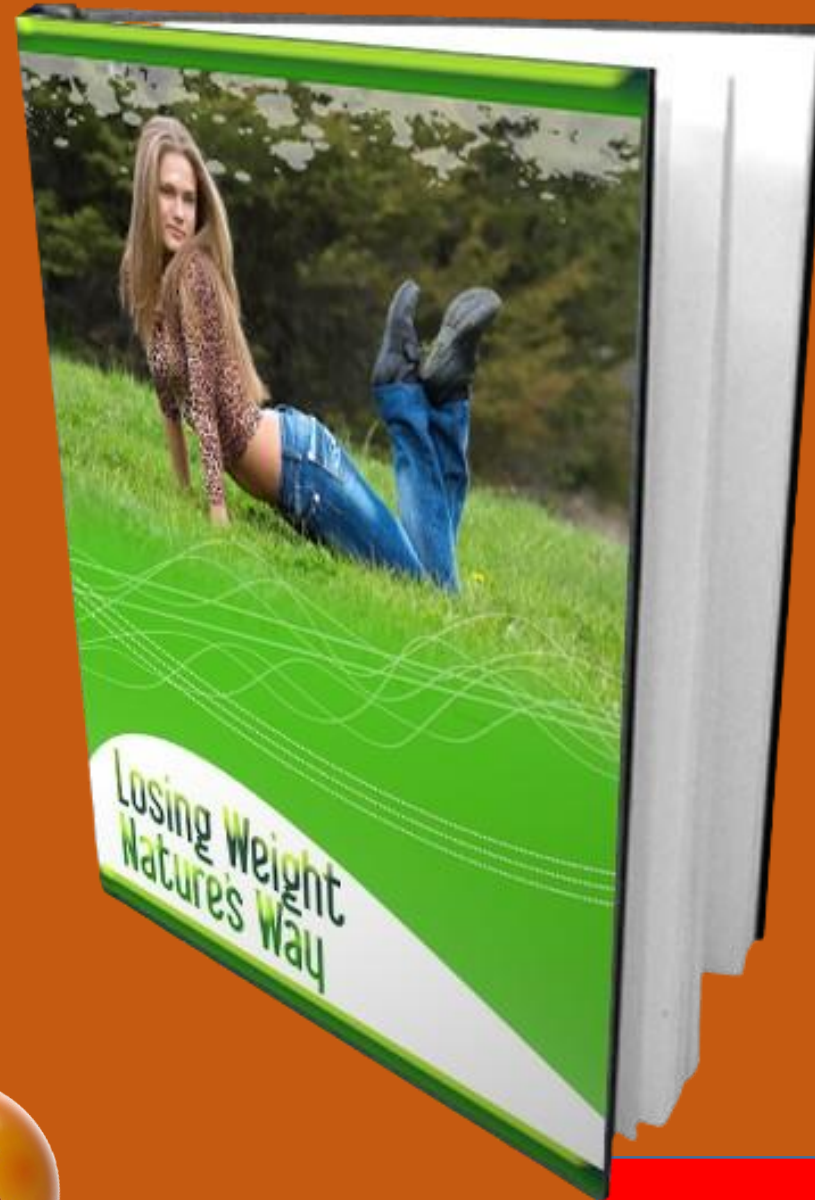
Lose Weight Today With Yoga

Out of the many things that India is known for in her contribution to the world, 'Yoga' is perhaps one of the most important and popular exports.



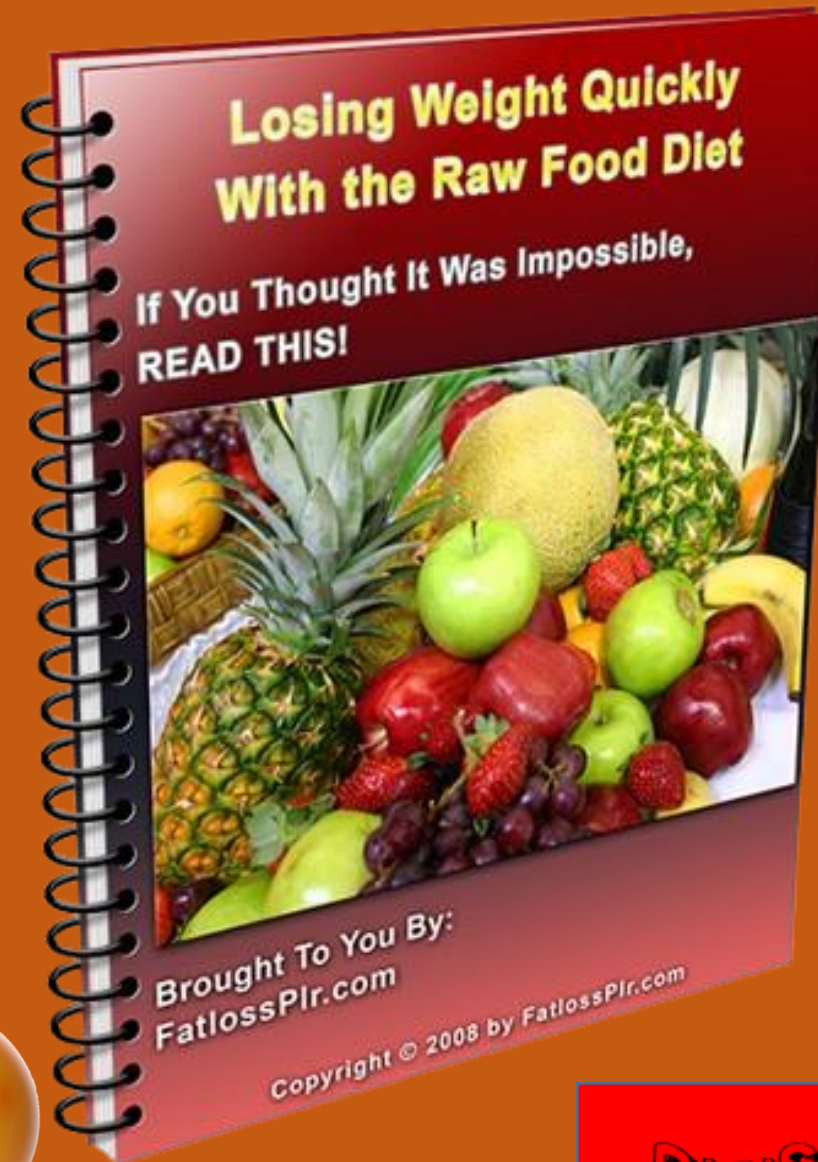
Losing weight natures way

It is a widely recognized and acknowledged fact that the population of most developed Western countries is getting fatter, and we are not talking about a gradual increase here.



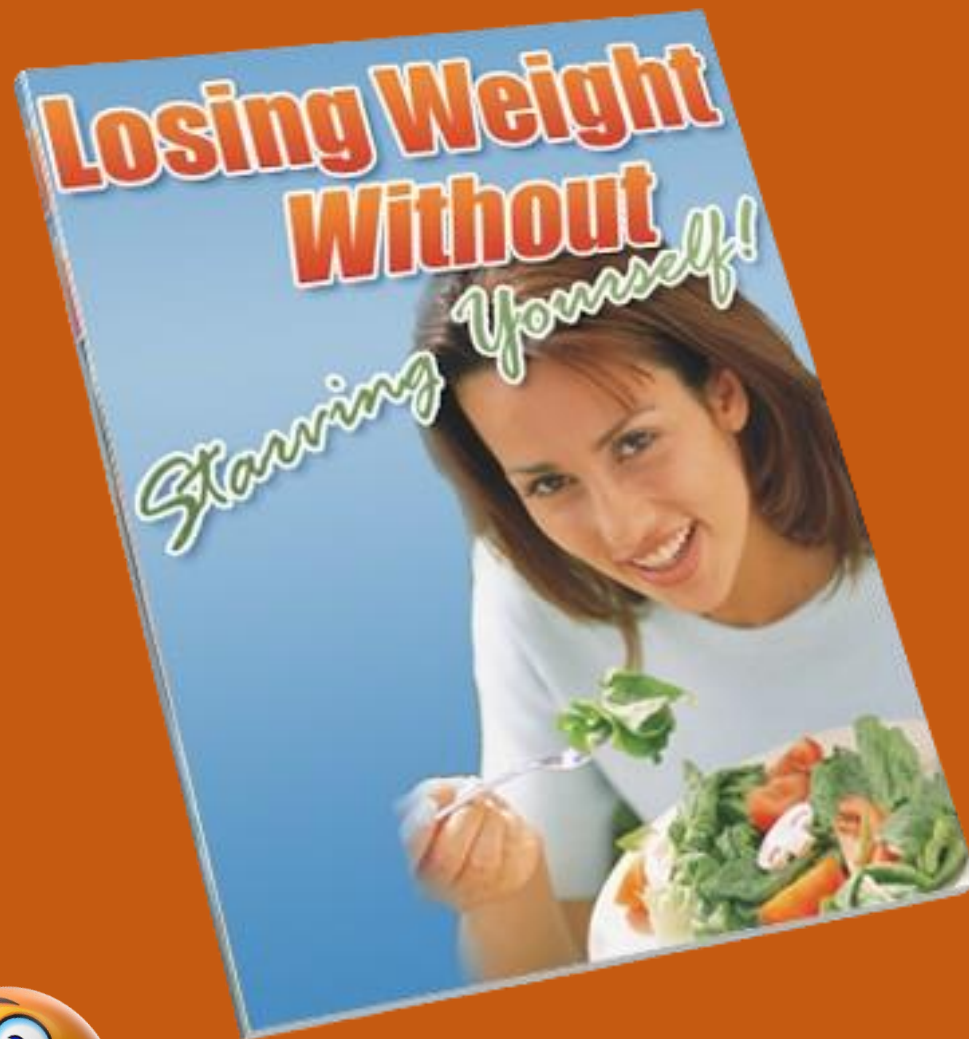
Losing Weight Quickly With the Raw Food Diet

It is a widely recognized and acknowledged fact that the population of most developed Western countries is getting fatter, and we are not talking about a gradual increase here.



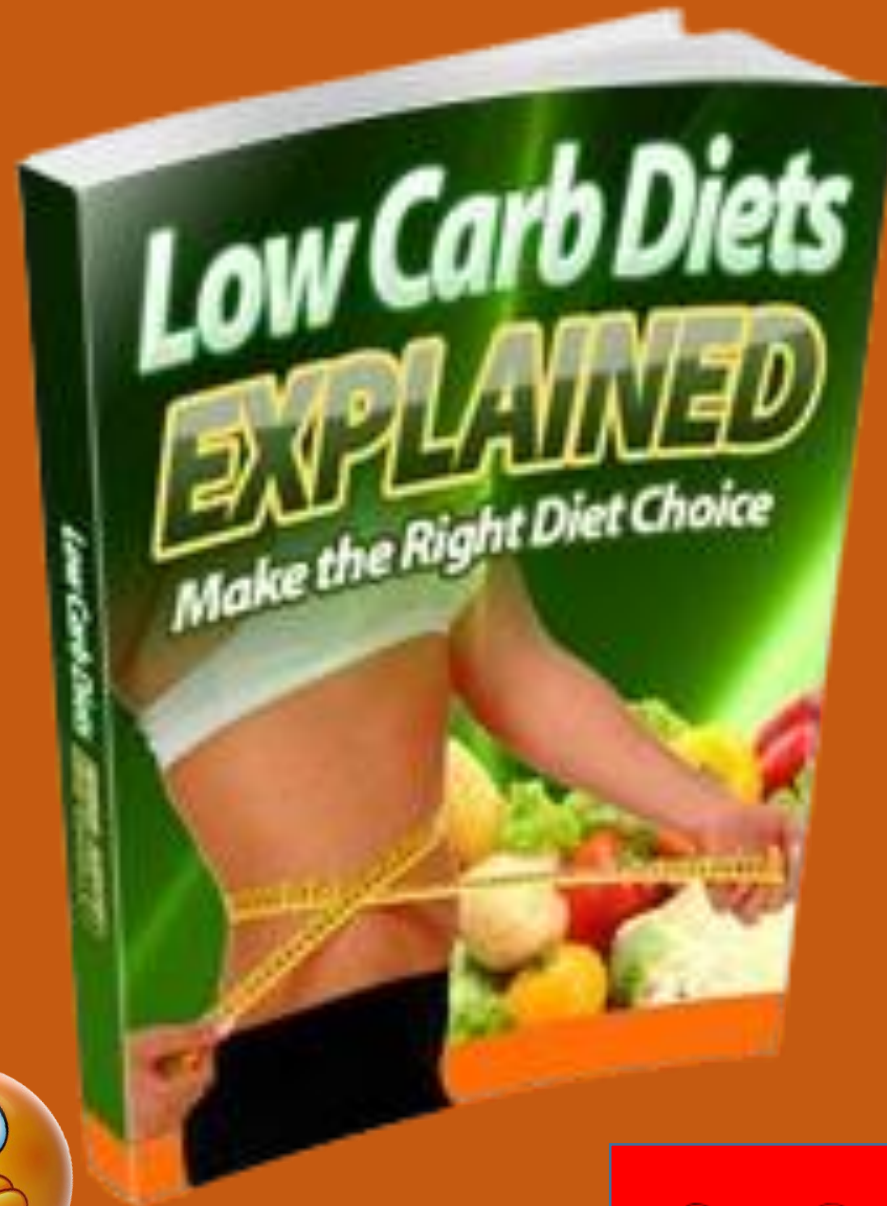
Losing Weight Without Starving Yourself

Are you carrying a little extra weight around the middle? Maybe you've got more than just a little weight problem – maybe it's a rather large one and you need to get rid of the fat for ealth reasons. Rest assured that you're not alone!



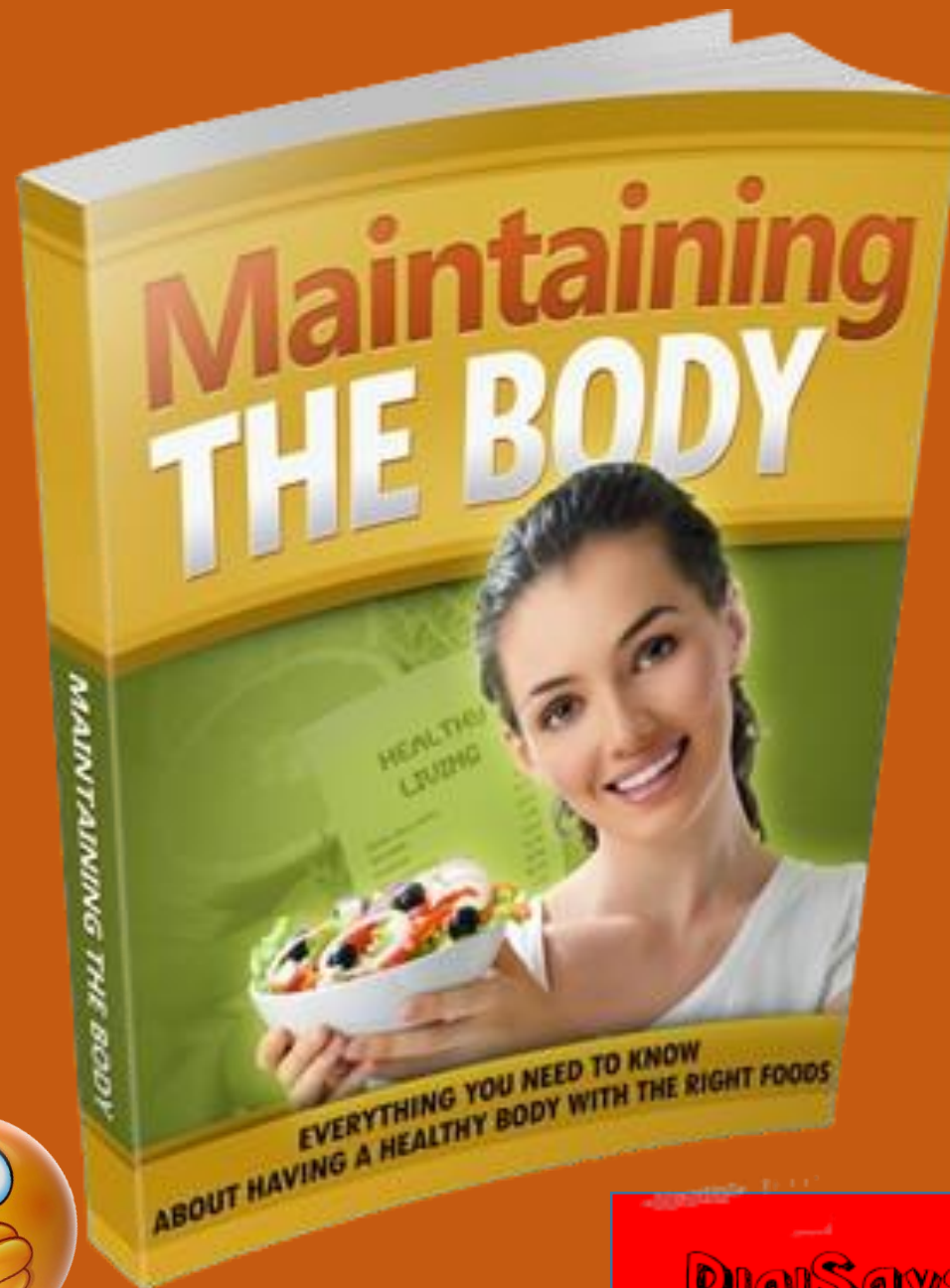
Low Carb Diets Explained

Weight gain and obesity have become causes of health concerns in the western world. Obesity in particular is one of the leading causes of preventable death in the world today. Studies have been conducted to establish the reasons why the world population seems to be gaining weight.



Maintaining The Body

It is not a question anymore of why is it necessary to have a strong and healthy body, it is a question of how we are going to sustain a healthy body. Generally, we know the benefits of having a healthy body, however many of us don't know how to sustain a healthy body.



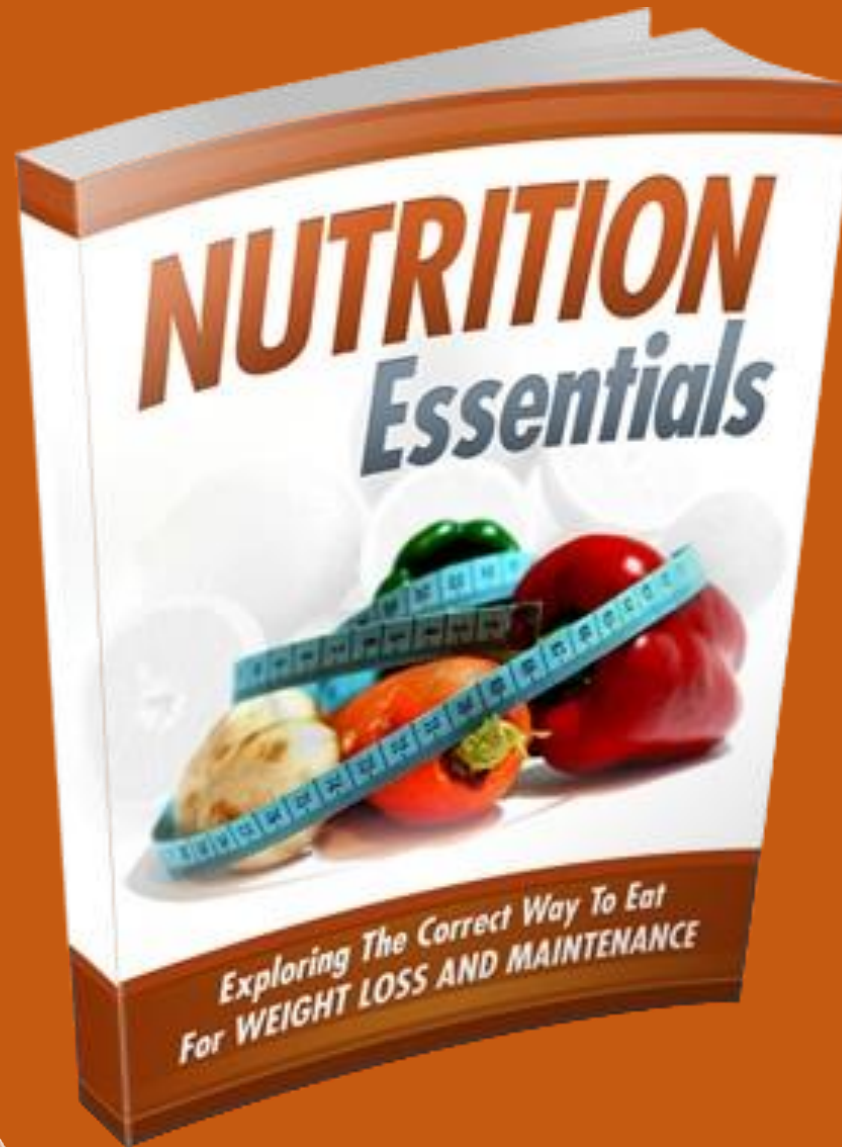
Metabolism Masterclass

If you have heard about metabolism, chances are it is in relation to weight loss. Metabolism is bigger than weight loss, though, as you will learn later on. It is about a healthier, better you.



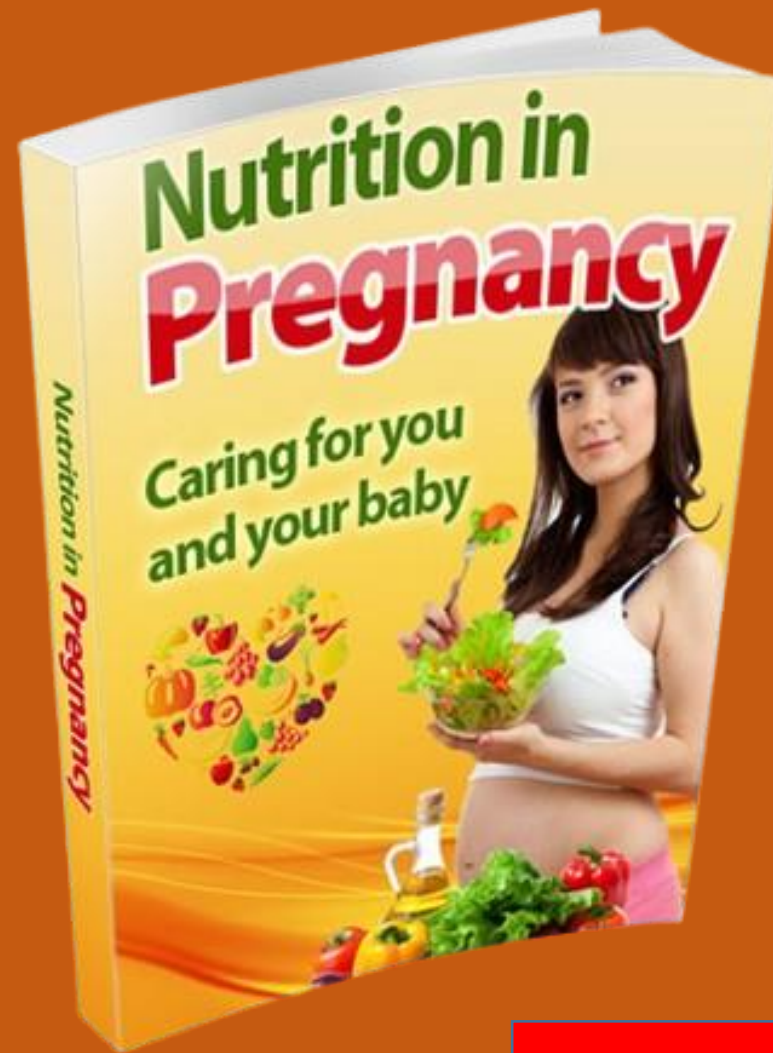
Nutrition Essentials

When your pounds have piled up and your pants have gotten too tight, it is time for you to watch what you eat. By viewing foods correctly, you will be able to maintain your fitness and health.



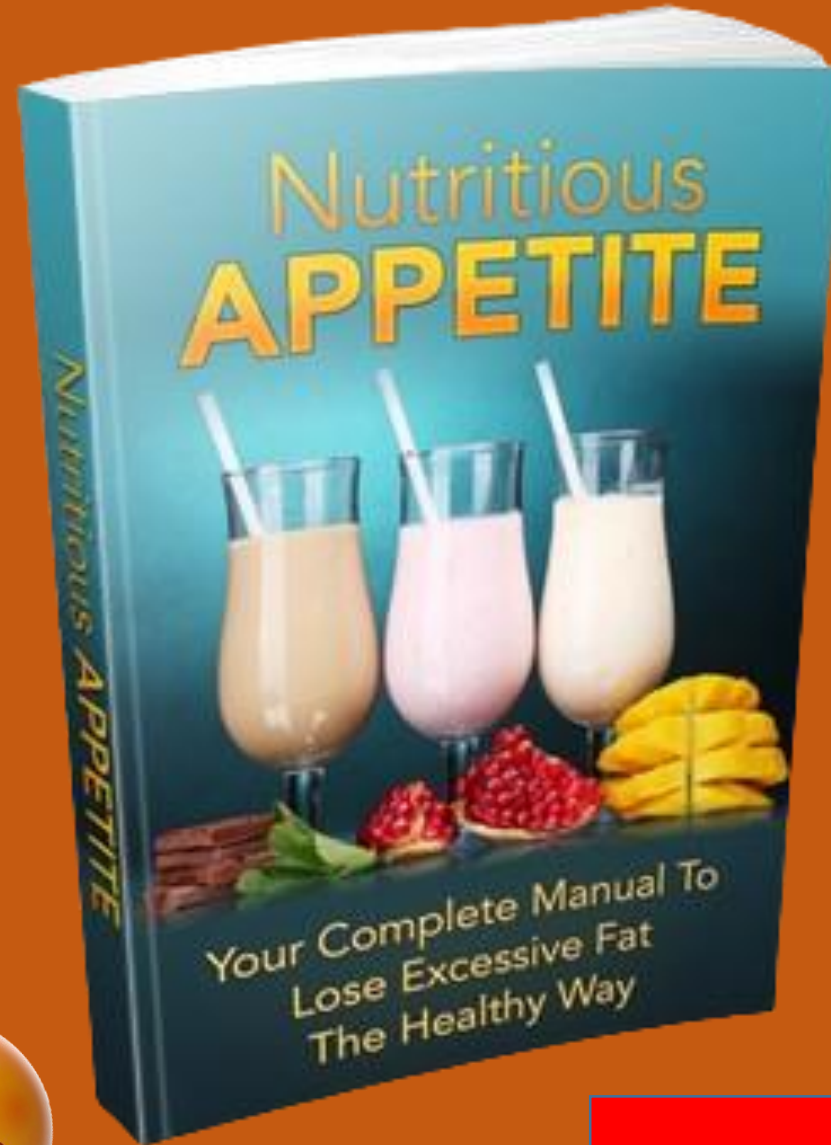
Nutrition in Pregnancy

Learn the basics of nutrition on the stage of life.



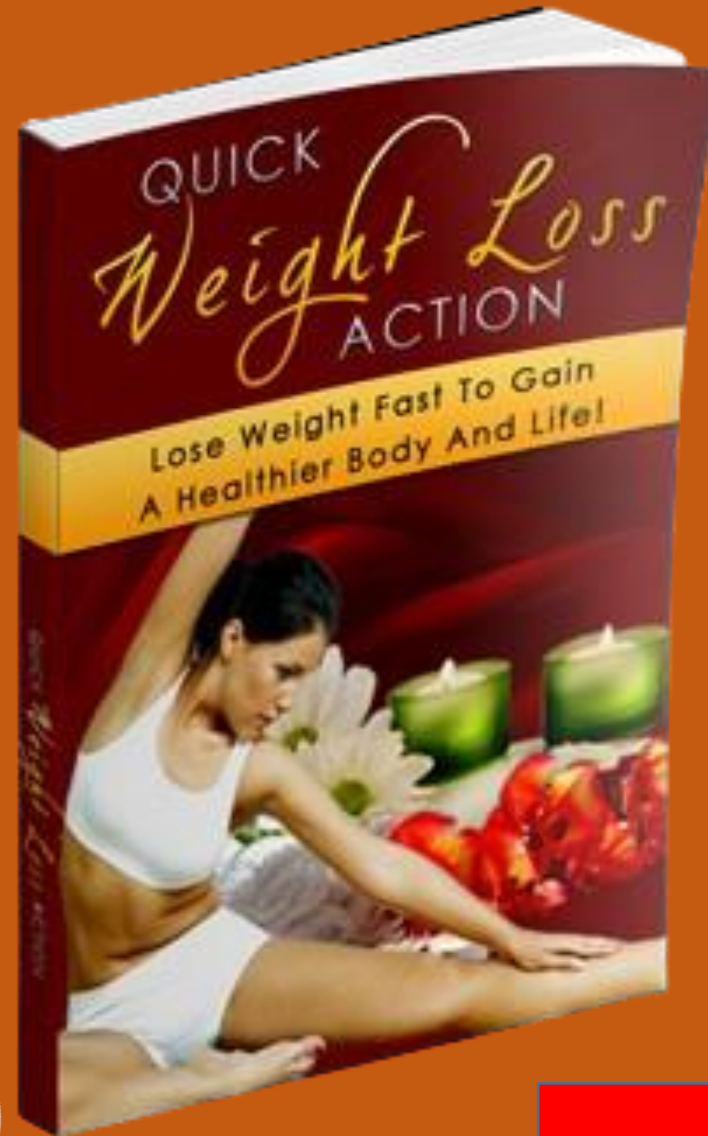
Nutritious Appetite

The human body is like an engine and in order to run smoothly it has to be fuelled, and the choice of “fuel” would then dictate the way the engine performances. Get all the info you need about healthy nutrition here.



Quick Weight Loss Action

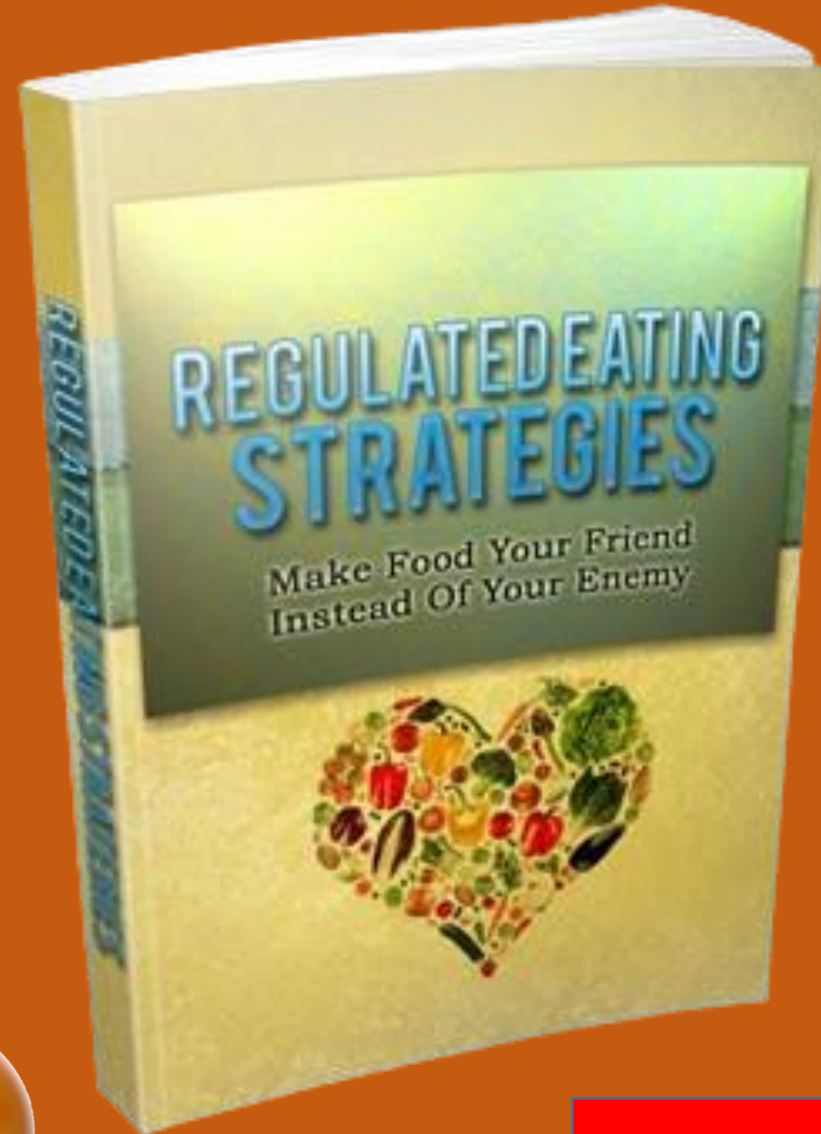
Quick Weight Loss Action A Step By
Step Guide To Losing Weight Real
Fast



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Regulated Eating Strategies

It occurs so very frequently - we resolve to go on with a health and physical fitness program with zest and likely much fanfare too; however in the first week of going into the plan, everything peters out.



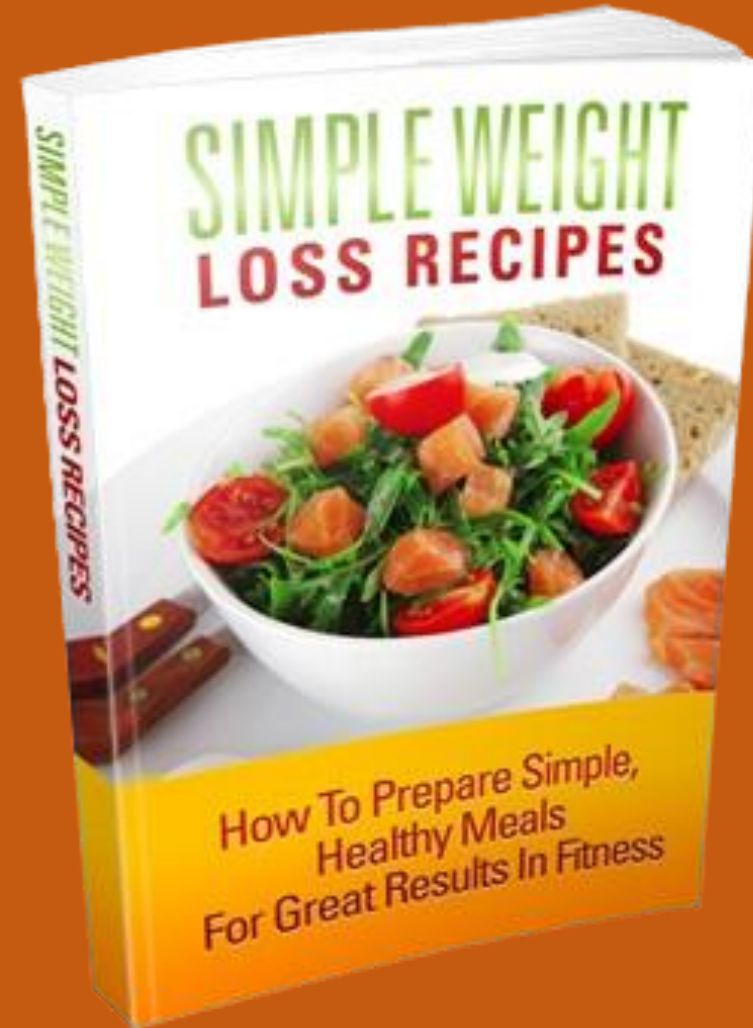
Self Worth And Weight Loss

WHO ELSE WANTS TO DISCOVER THE SECRETS OF HOW TO LOSE WEIGHT WITHOUT EVEN TRYING BY SPENDING ONLY 9 MINUTES A DAY USING THIS SIMPLE METHOD EVEN A 5-YEAR OLD COULD DO!



Simple Weight Loss Recipes

Simple Weight Loss Recipes

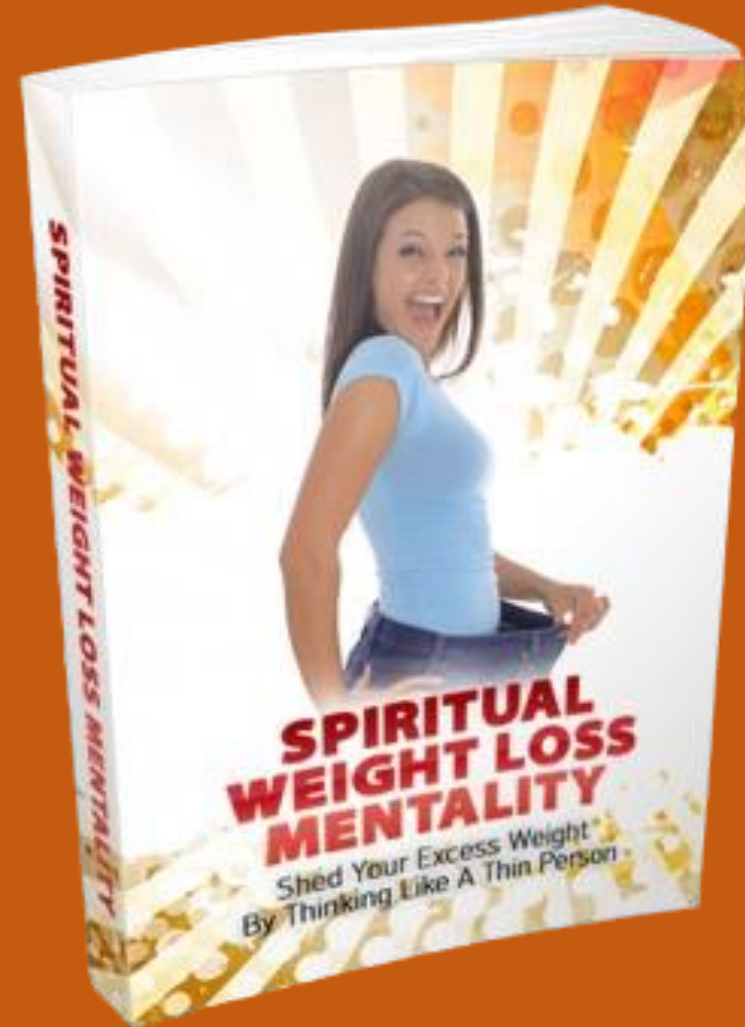


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Spiritual Weight Loss Mentality

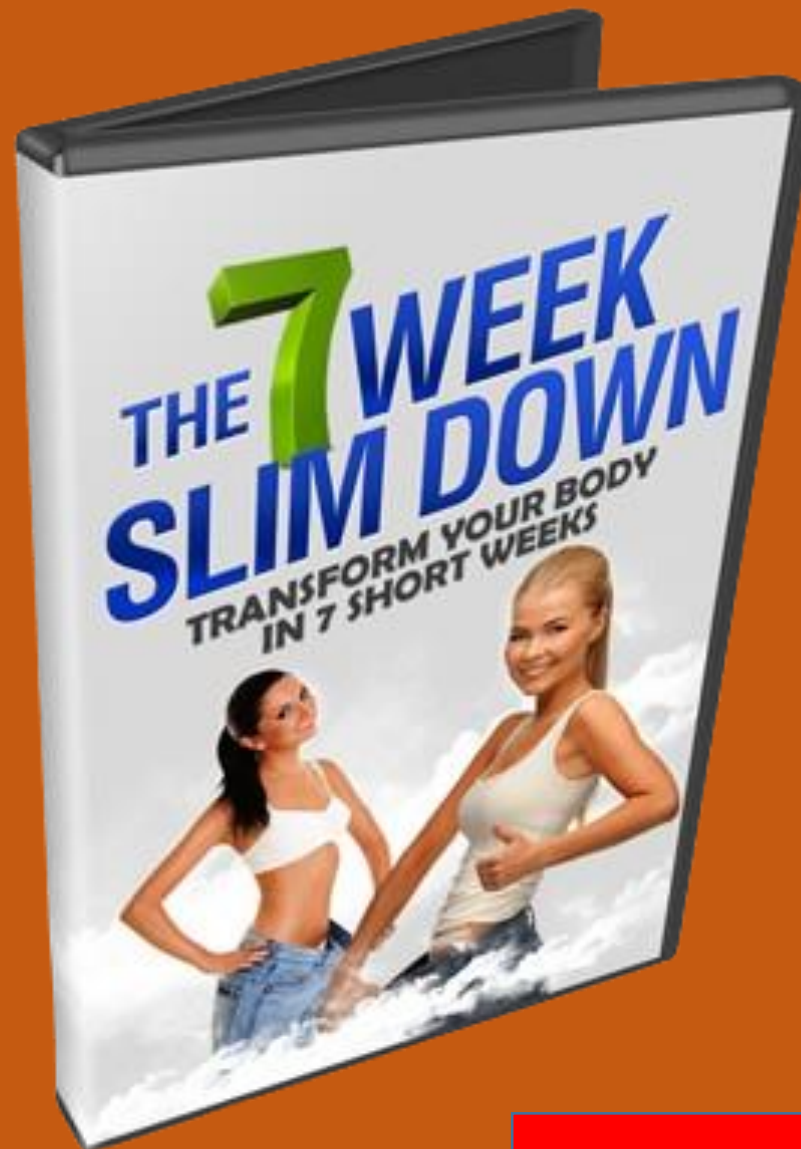


Day in day out we keep ourselves absorbed with those matters that matter the most to us. A lot of times, it might be just to survive and bring in some money. In doing so we at times disregard or forget about the extra matters that are essential to balance our lives.



The 7 Week Slim Down

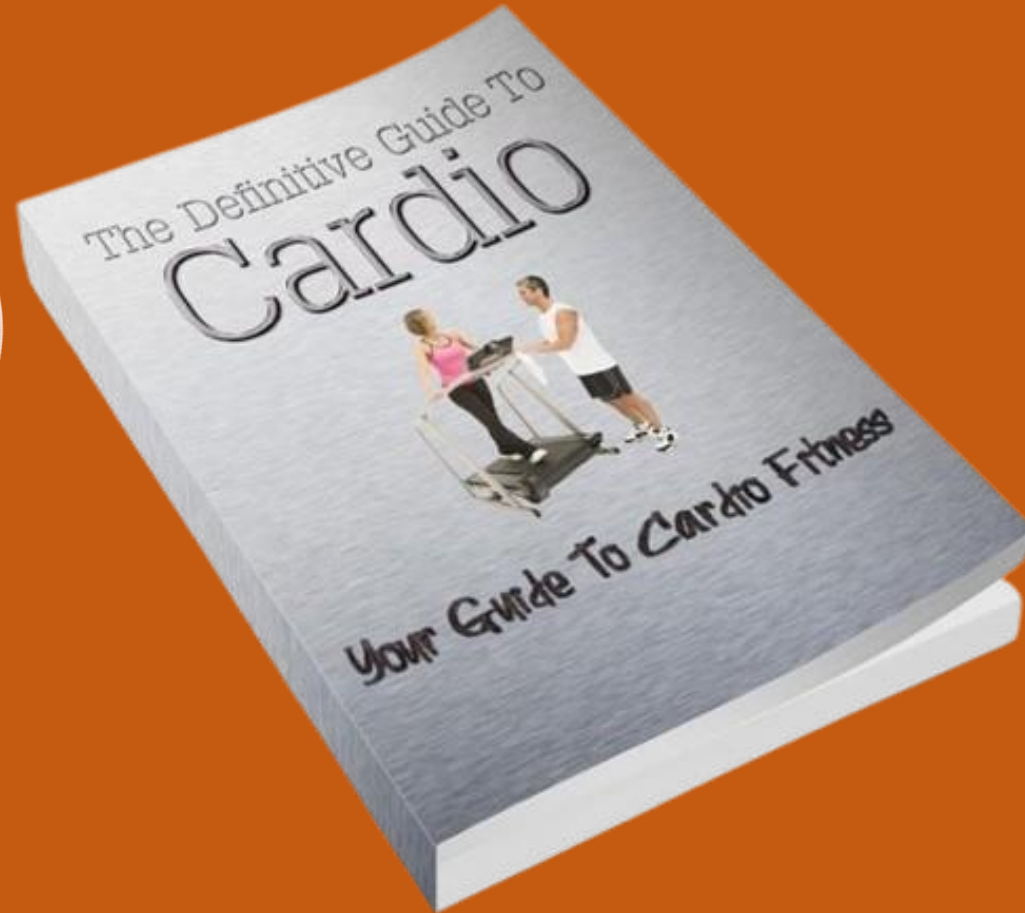
Did you know the scale of life threatening health risks has shifted worldwide from starvation to obesity? Yes, the sad fact is more people collectively across the world are now suffering from being fat than from not having enough food to eat.



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The Definitive Guide To Cardio

Aerobics is a great way to get into shape and burn calories. Plus, it has the benefit of not needing a lot of fancy equipment to do – you can get aerobic exercise just walking around your neighborhood. Here are some things to consider when getting ready to work up a sweat.



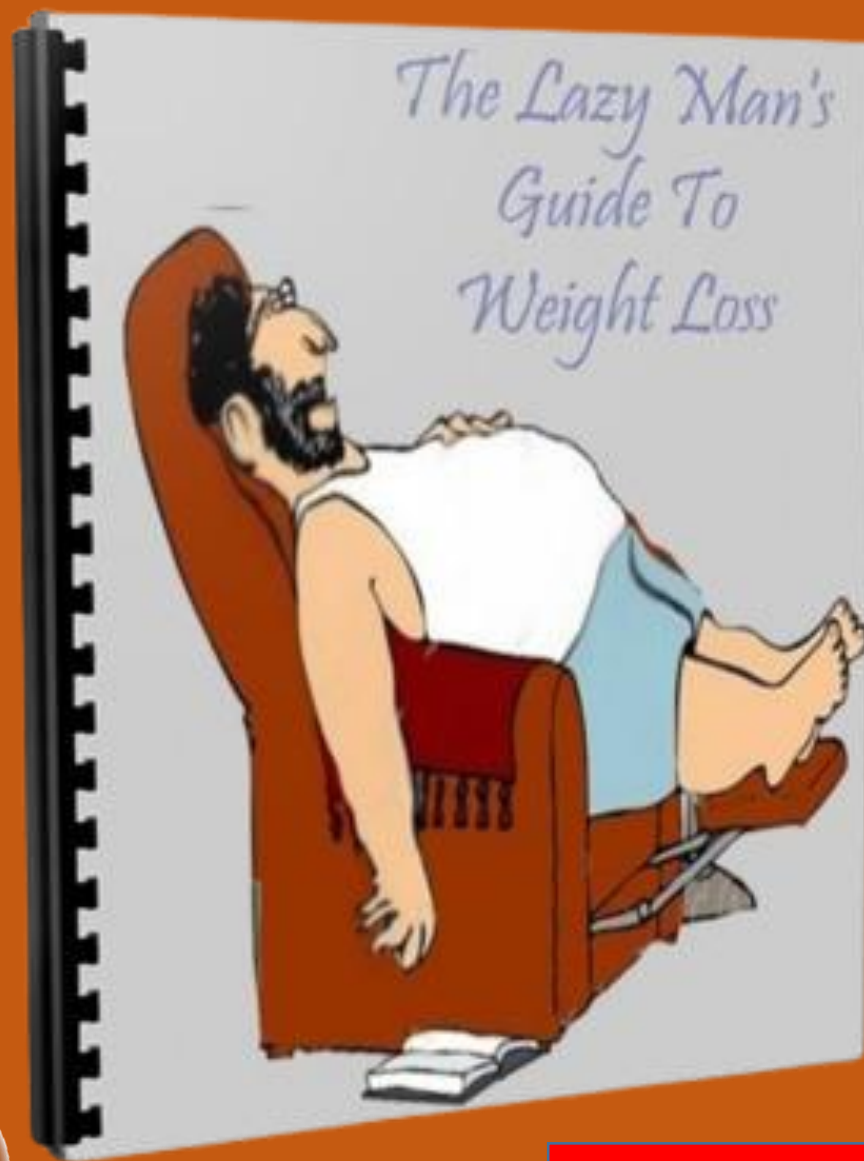
The Fast Diet Dollars

I'm sure you have been realized that obesity is an epidemic that affects all the persons and all age groups. This problem assumes an alarming situation in Western nations due to abundant food available here.



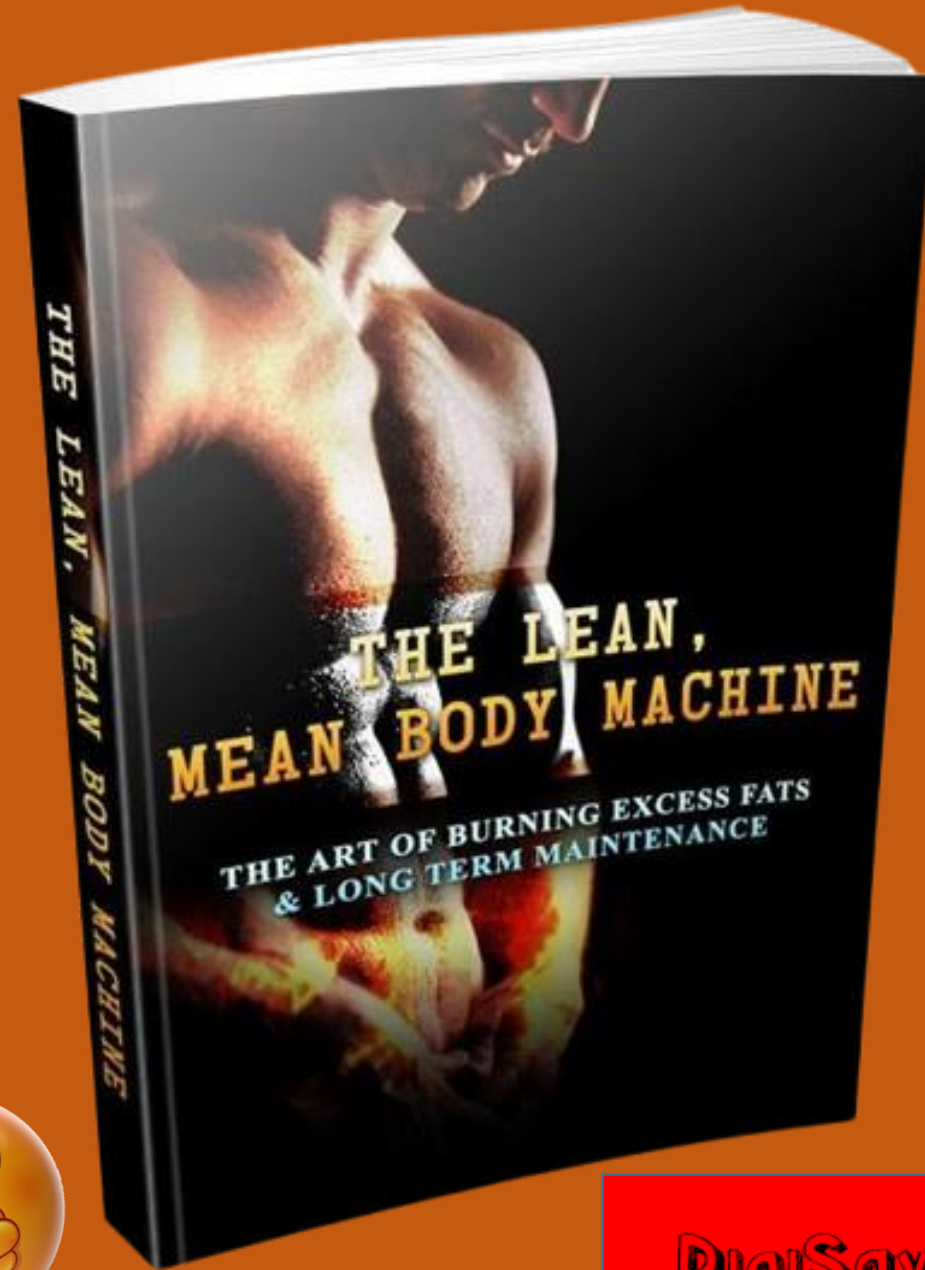
The Lazy Man's Guide To Weight Loss

To start off, you must understand that I am no spring chicken any more. At 58, my metabolism has slowed, as it does in folks who have matured. It is a natural thing, but it doesn't have to be that way....or at least to the extent that we have taught our bodies to react as we grow older.



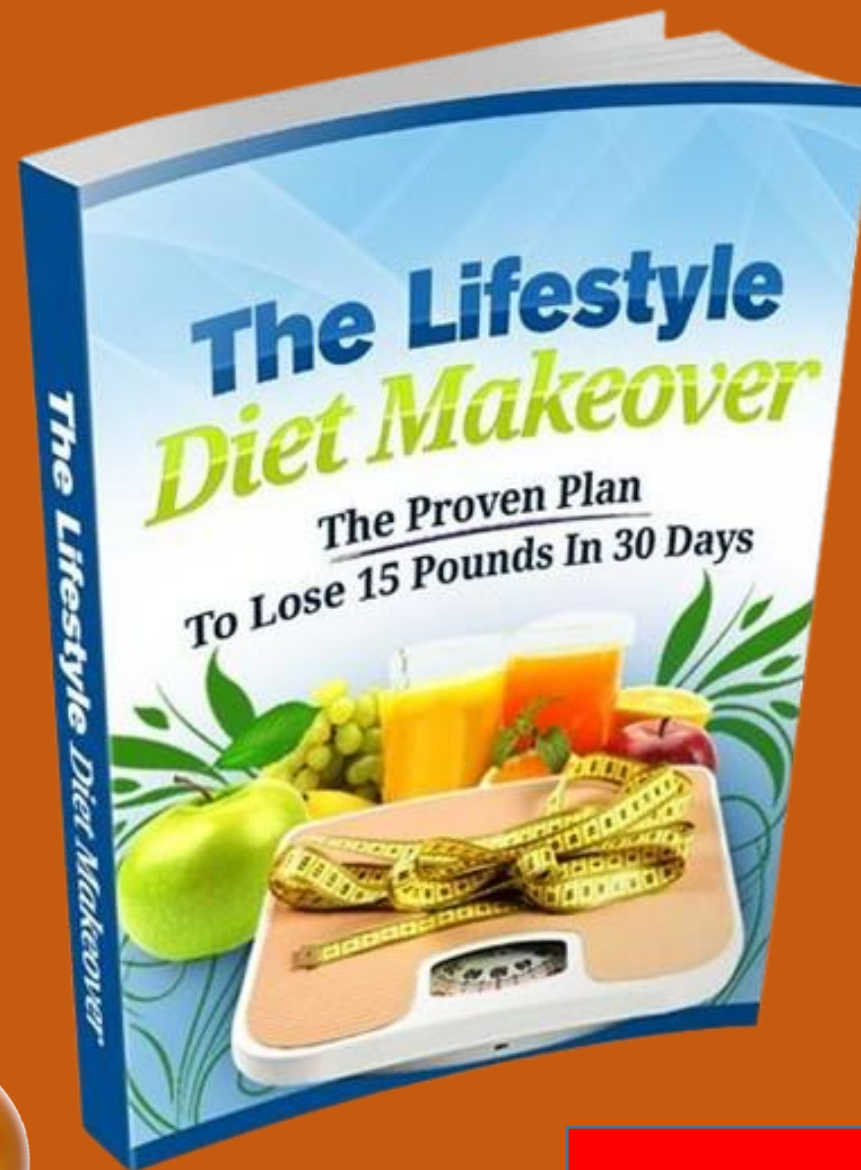
The Lean, Mean Body Machine

So, you wish to burn body fat. Not a day passes when I don't come across somebody who does. As a matter of fact, it's among the most frequently asked questions I get.



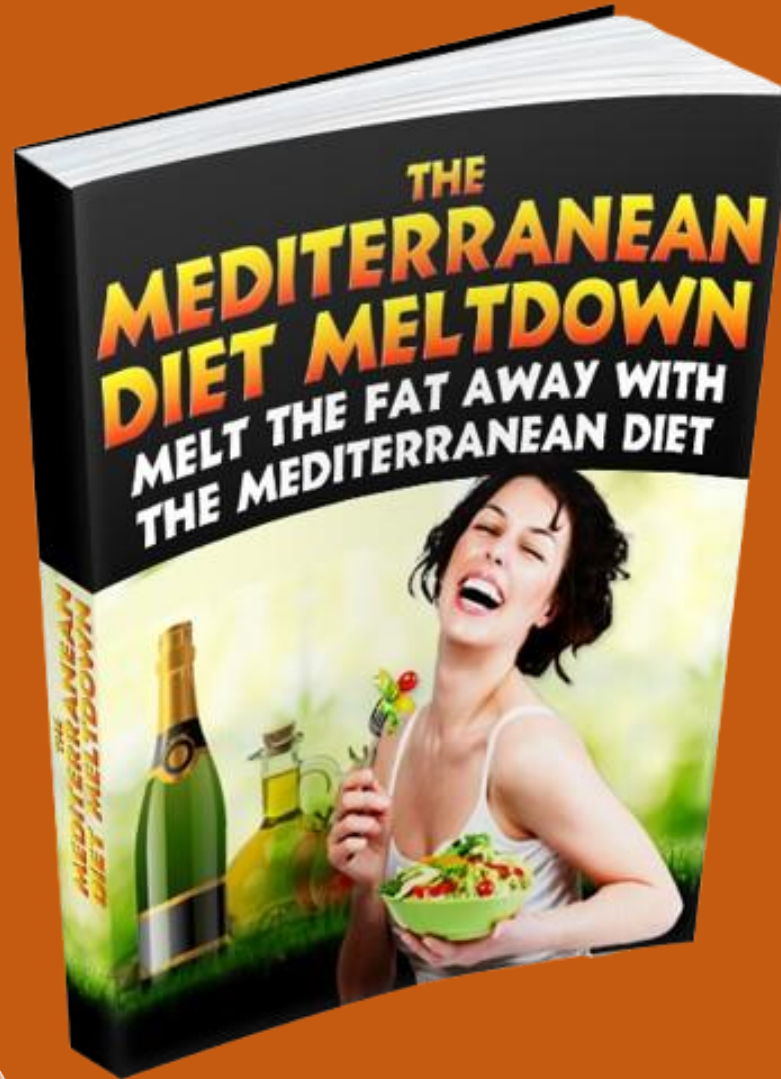
The Lifestyle Diet Makeover

People struggle with losing weight. Sure, there are tons of reasons for this – convenience of unhealthy food, peer pressure, lack of focus, lack of dedication, lack of motivation, lack of knowledge concerning proper nutrition.



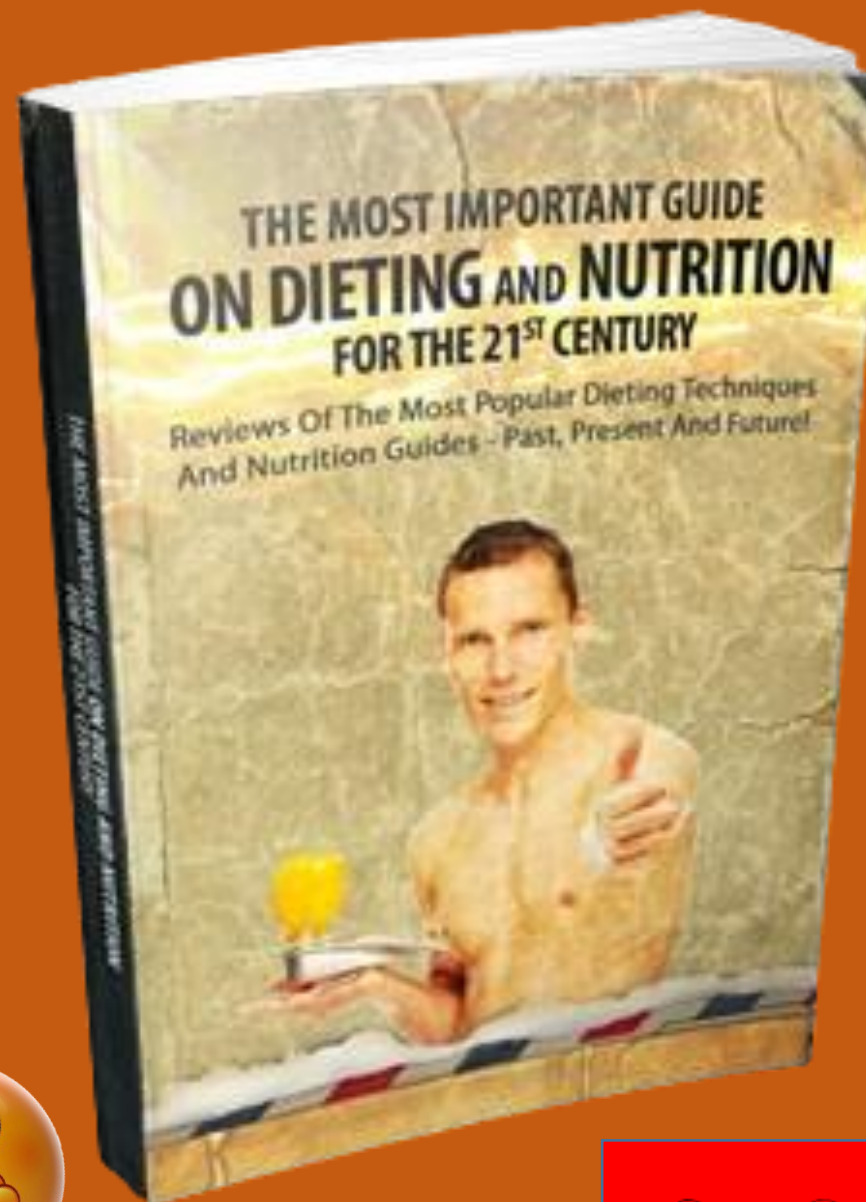
The Mediterranean Diet Meltdown

The current statistics in a world of obesity is frightening, especially when considering the direct correlations to illnesses and diseases.



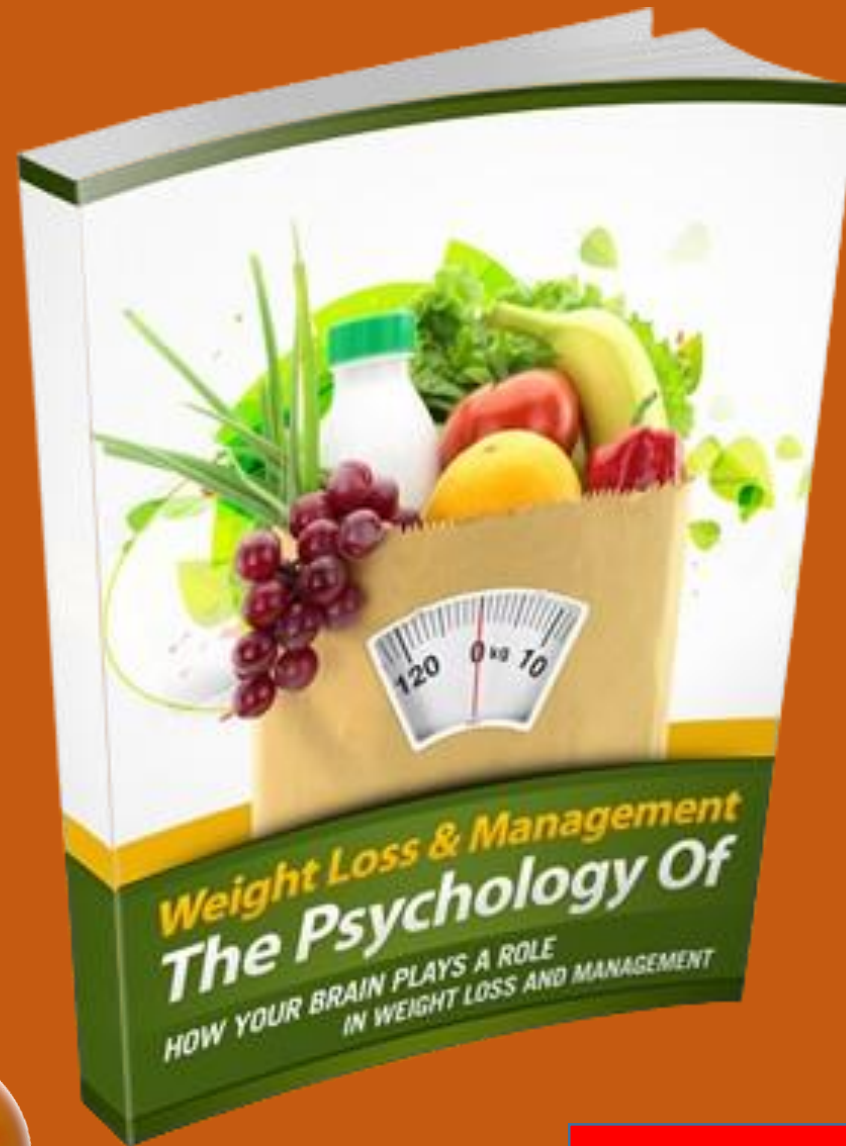
The Most Important Guide On Dieting And Nutrition

The whole world is going the diet way today. Either people are already on some or the other diet or are planning one. There are many reasons for this popularity of diets. Firstly, there is a definite paucity of nutritional content in the routine diet that we consume today.



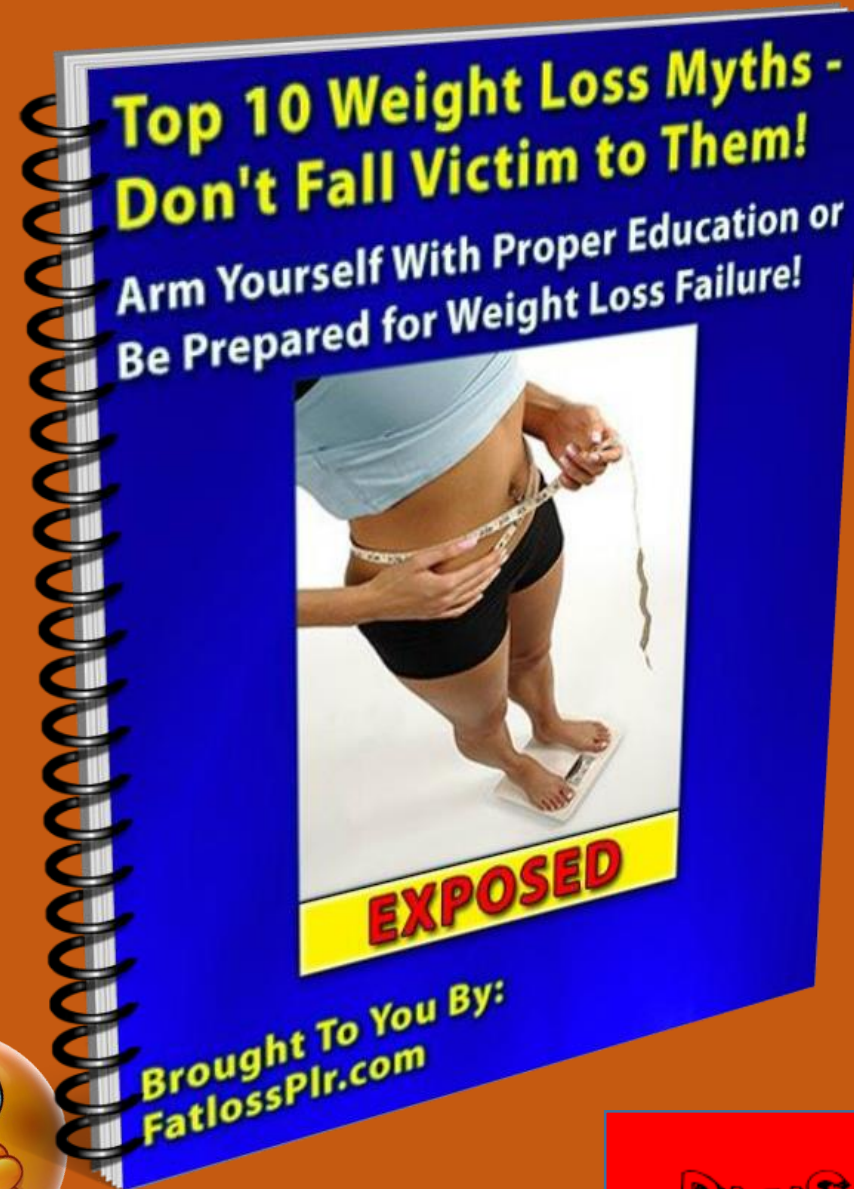
The Psychology Of Weight Loss And Management

The whole world is going the diet way today. Either people are already on some or the other diet or are planning one. There are many reasons for this popularity of diets. Firstly, there is a definite paucity of nutritional content in the routine diet that we consume today. .



Top 10 Weight Loss Myths

Weight loss myths are everywhere you look and they can be detrimental to your health as well as the goals you have set for yourself.



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Top Diet Scams Revealed

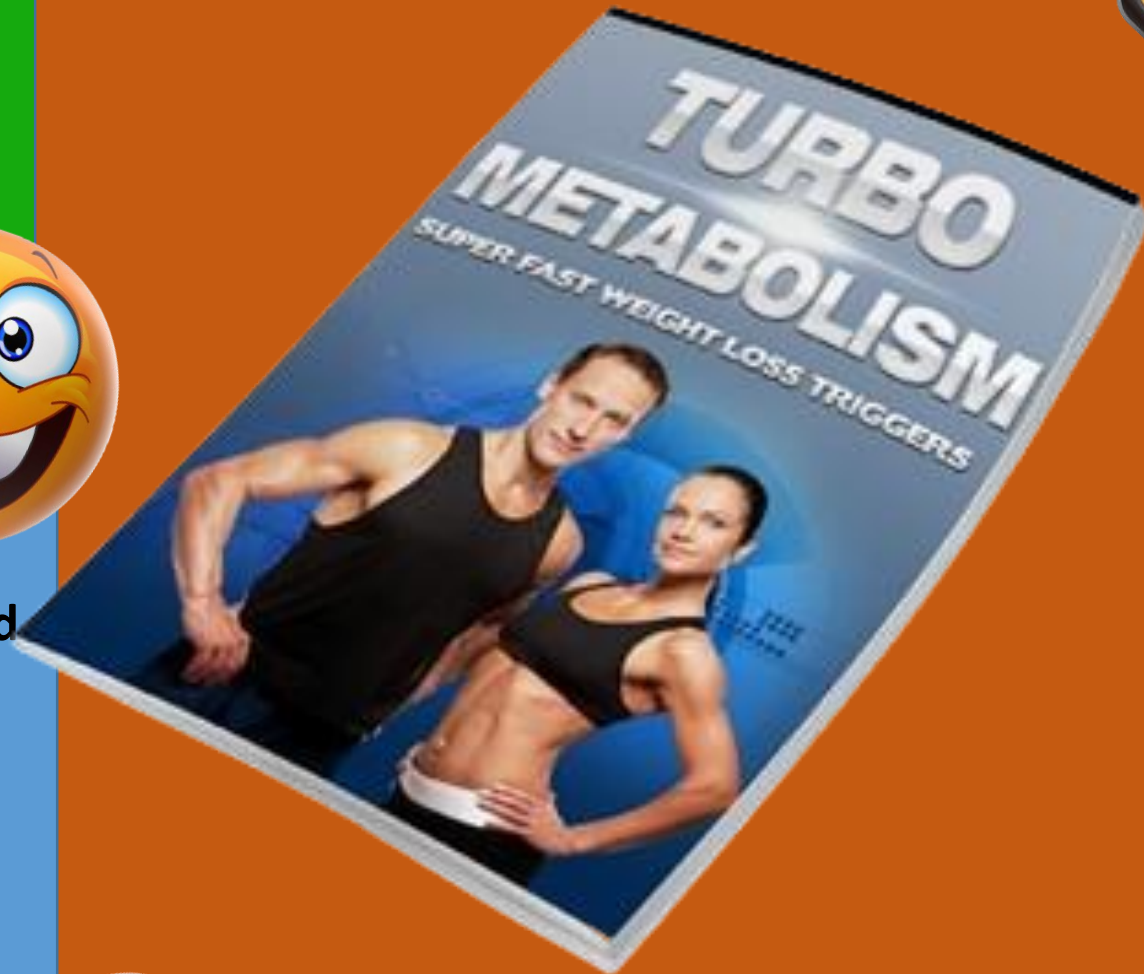
Dieting is hard enough without having to weed through a sea of scams. So many diet products just feed on desperation, offering little to no real value and may even be dangerous.



Turbo Metabolism

**Extra
#6**

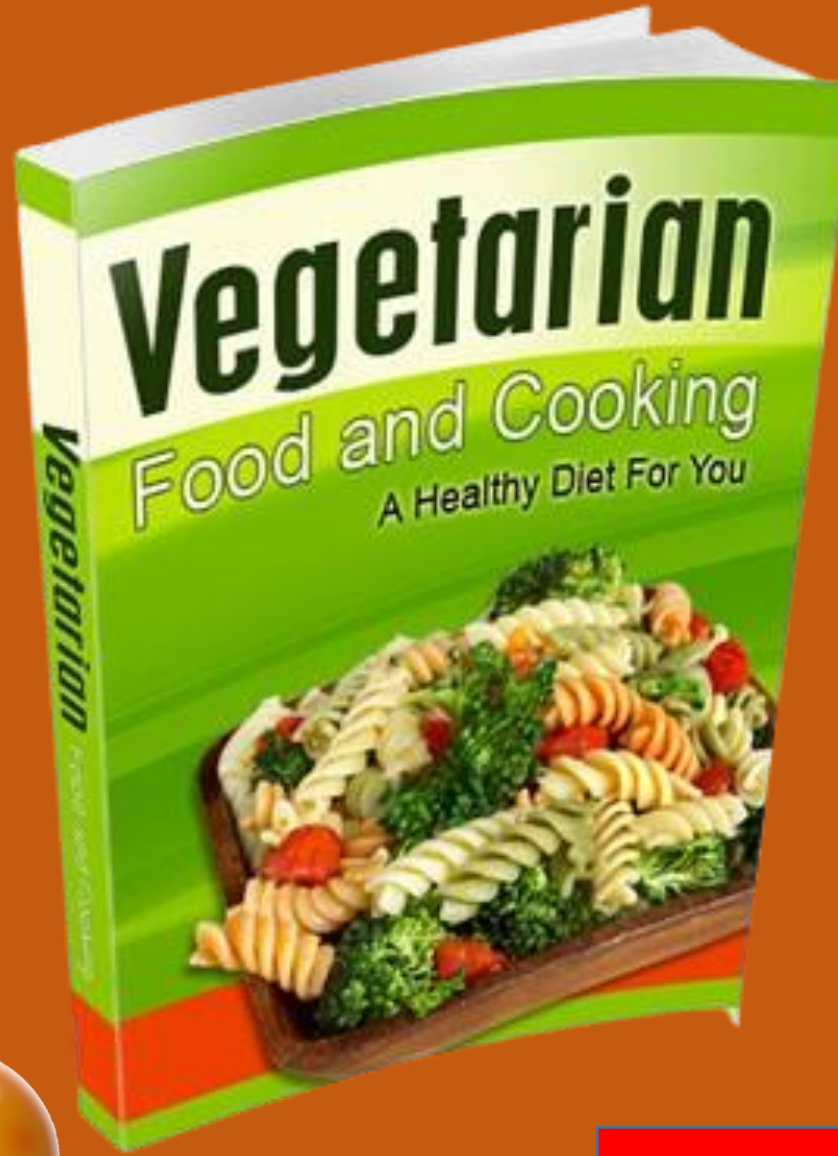
Metabolism. There isn't perhaps a more frequently used word in the weight loss (and weight gain) vocabulary than this



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Vegetarian Food and Cooking

To get a good understanding of being a vegetarian, vegetarian food, and cooking it will help to learn about the origins of Vegetarianism.



The Weekly Workout

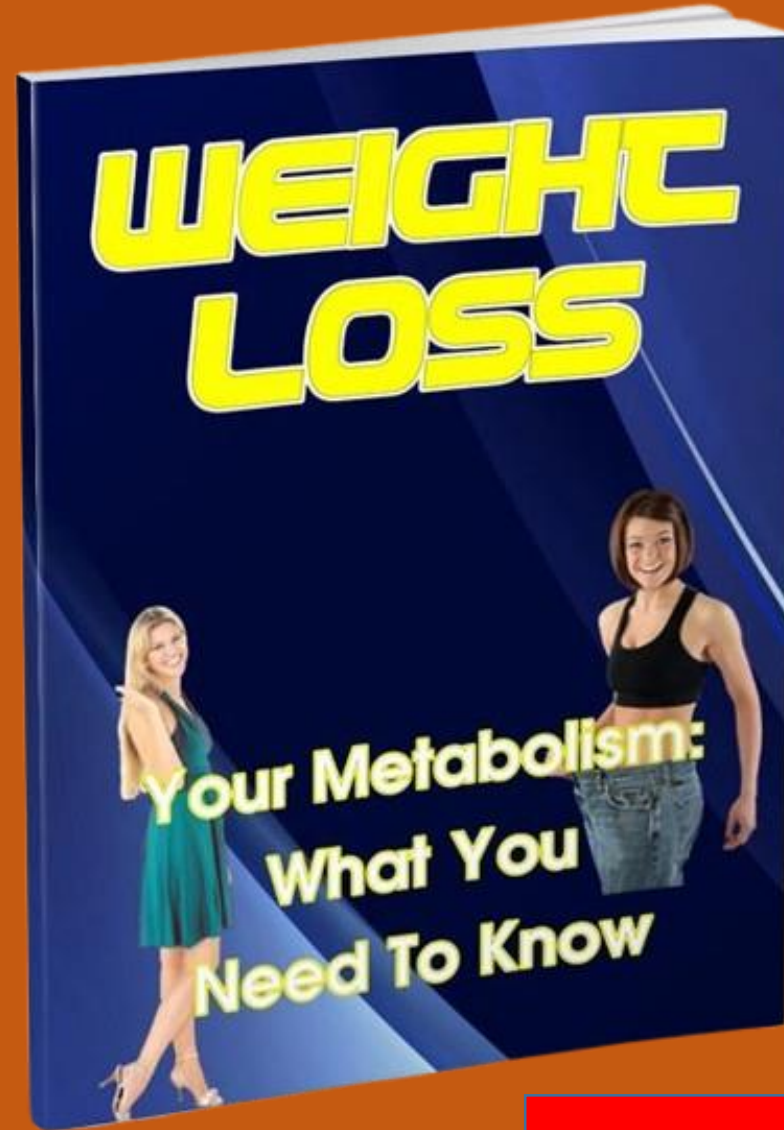
This guide is designed to show you one new calorie burning exercise per day. We have broken the guide down like that for ease of training.



Weight Loss -Your Metabolism - What You Need To Know

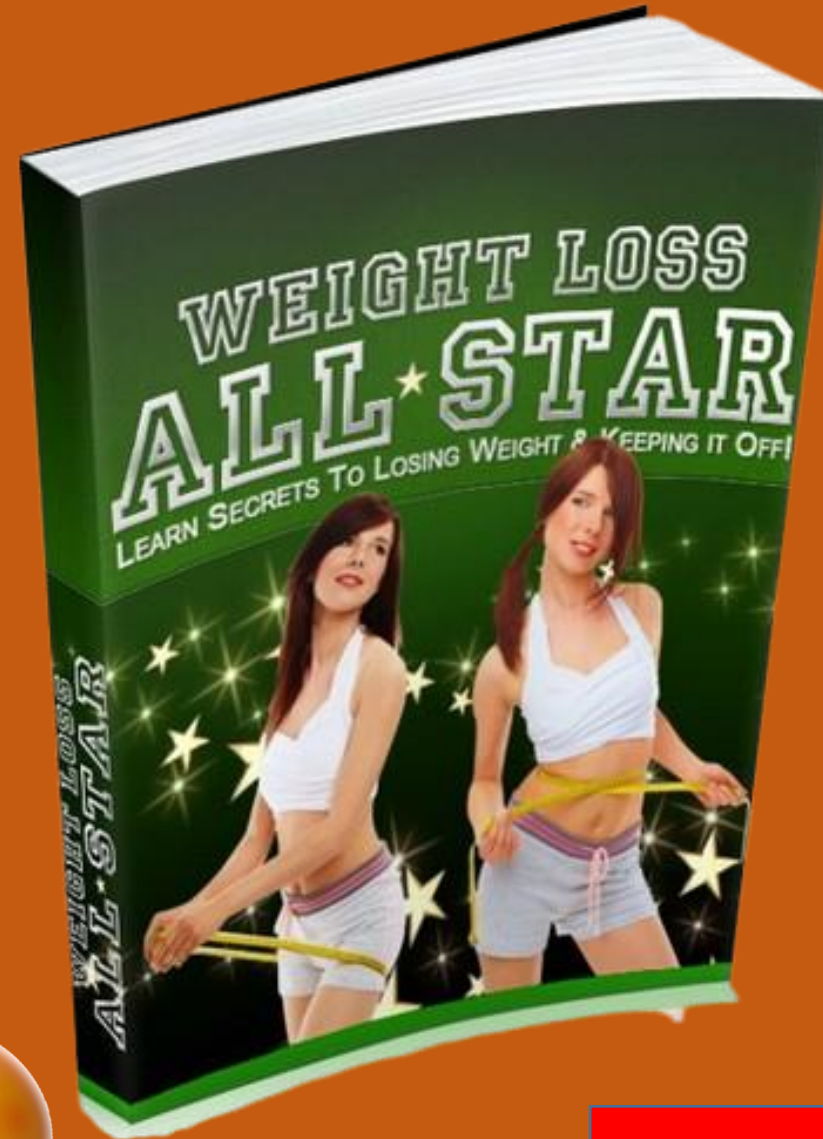


**FIRE UP YOUR METABOLISM AND
ACHIEVE LASTING AND NATURAL
WEIGHTLOSS STARTING TODAY**



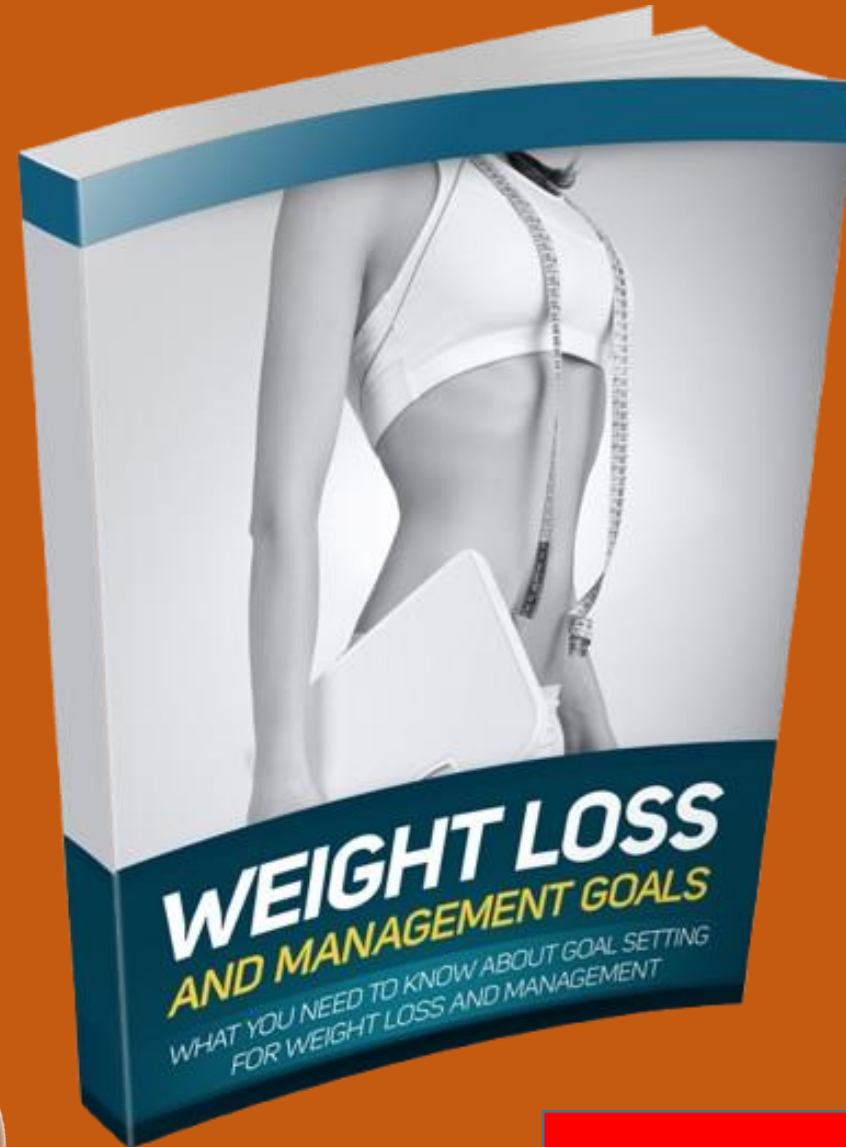
Weight Loss All Star

This guide is designed to show you one new calorie burning exercise per day. We have broken the guide down like that for ease of training.



Weight Loss And Management Goals

Weight Loss Management is one of the vital concerns of health authorities who are truly dedicate in the preservation of good and better living.



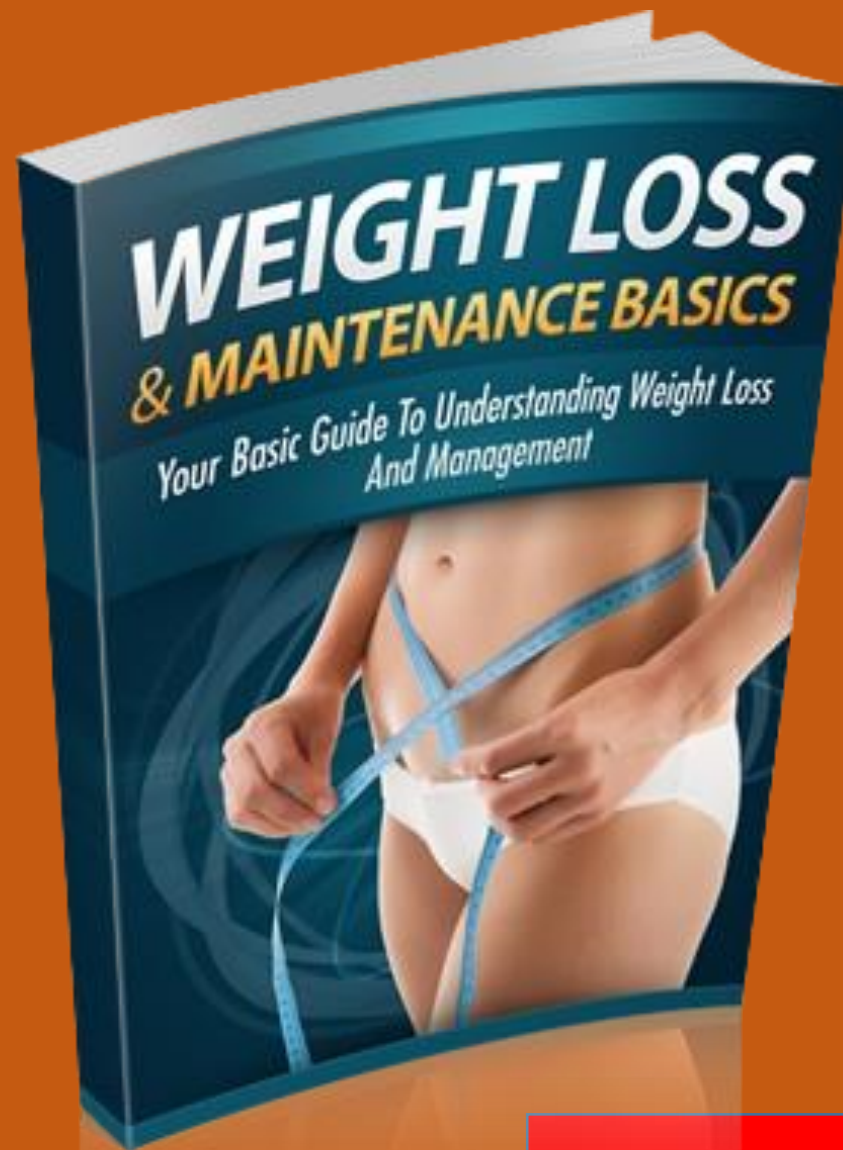
Weight Loss Boot Camp Extreme

Dieting is for wimps, THIS is how to lose weight.



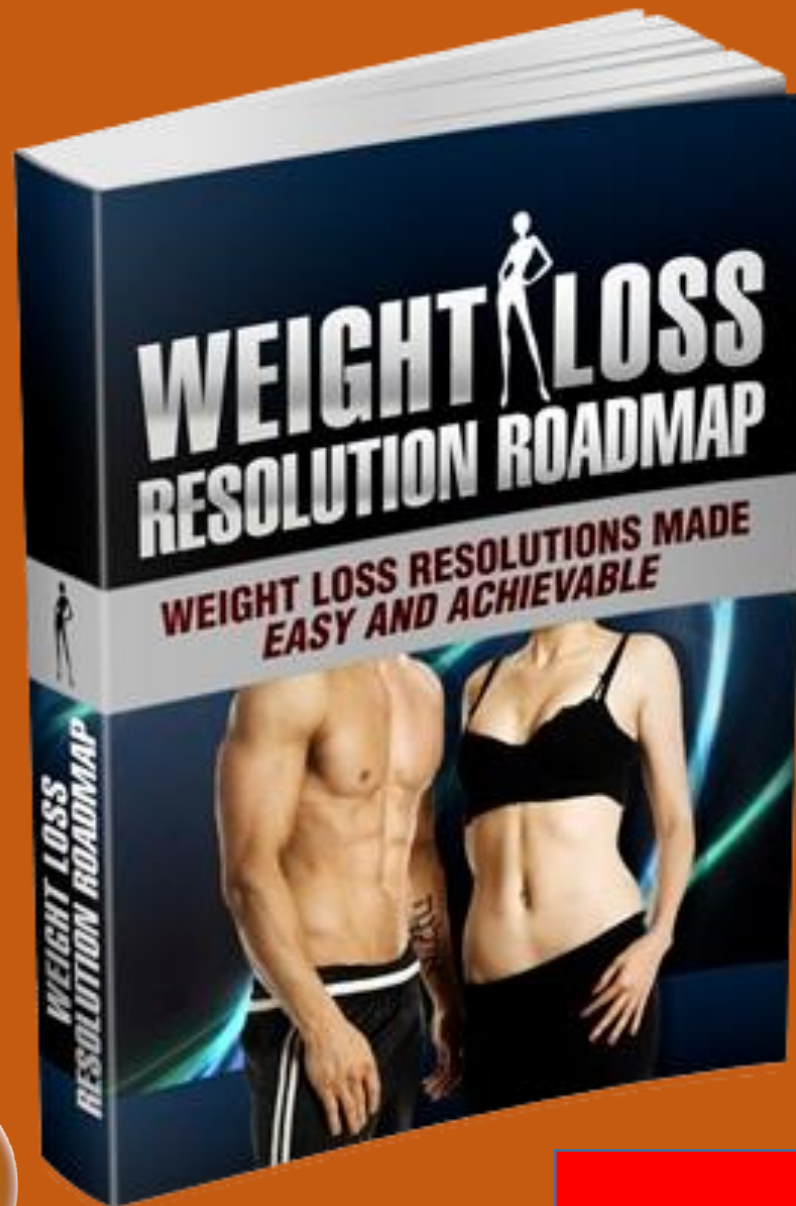
Weight Loss Maintainence

Losing weight can't be achieved in just a wink of an eye. Before you reach your main goal, you have to do accurate steps and get rid of your unhealthy lifestyle. Depending on your preferred schemes, losing weight can be easy or complicated.



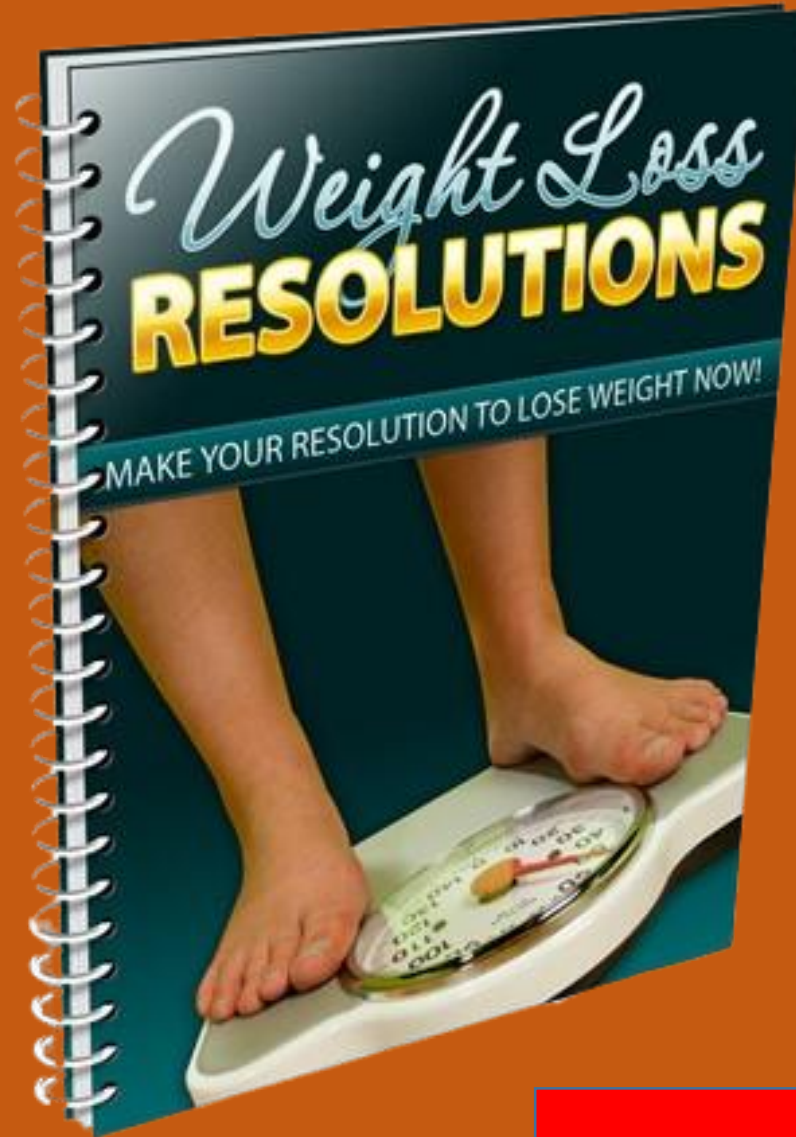
Weight Loss Resolution Roadmap

Have you ever made a New Year's resolution to lose weight and get fit and NOT followed through? Don't feel bad if you have, in fact nearly all New Year's fitness resolutions to get in great shape get abandoned not long after they are begun.



Weight Loss Resolutions

Whether you're making a New Year's Resolution to lose weight, or you're getting started in the middle of the year, it's important to be truly committed to your weight loss plan before you get started.



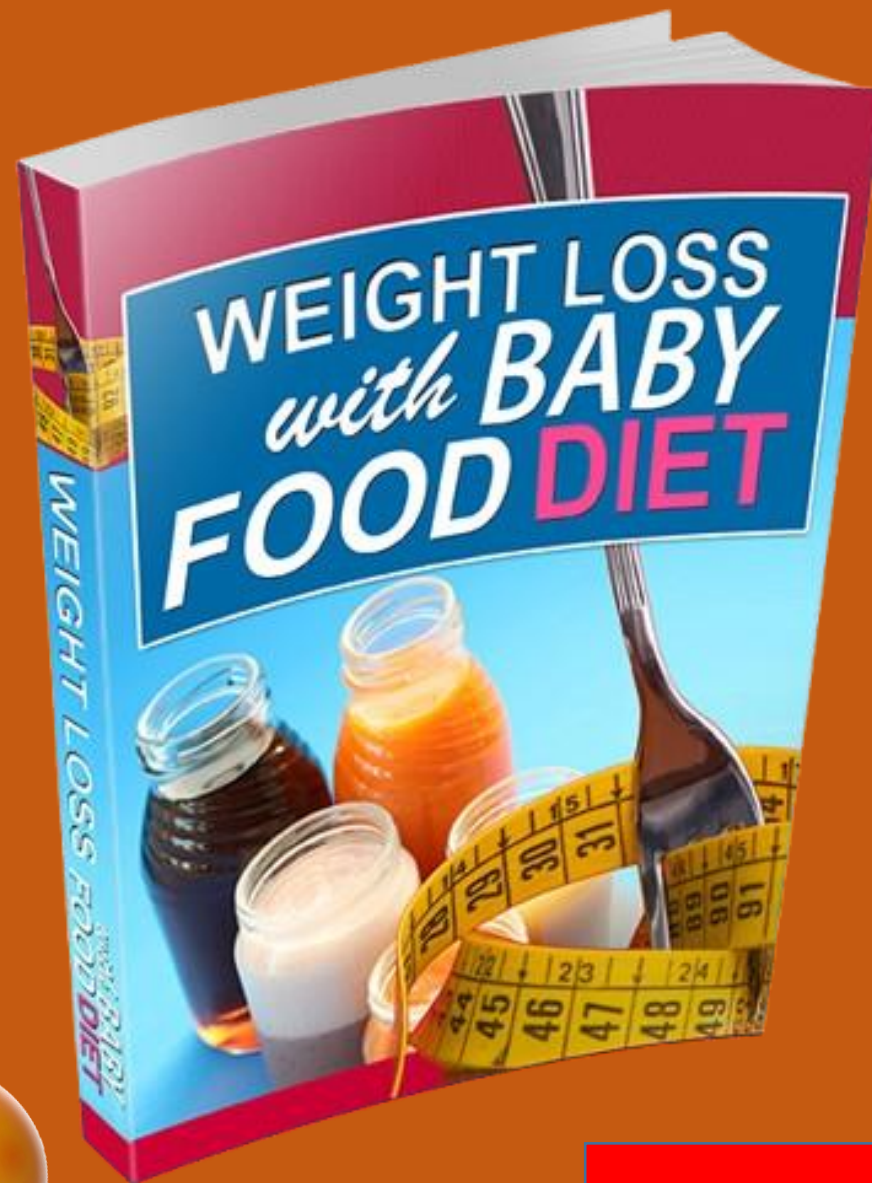
Weight Loss Tips- Calories in calories out

All we have are seven tips that lead to weight loss. We don't promise you every answer, but we do know that if you incorporate these tips into your lifestyle you will be healthier. We also know that if you do want to lose weight these lessons can be life changing.



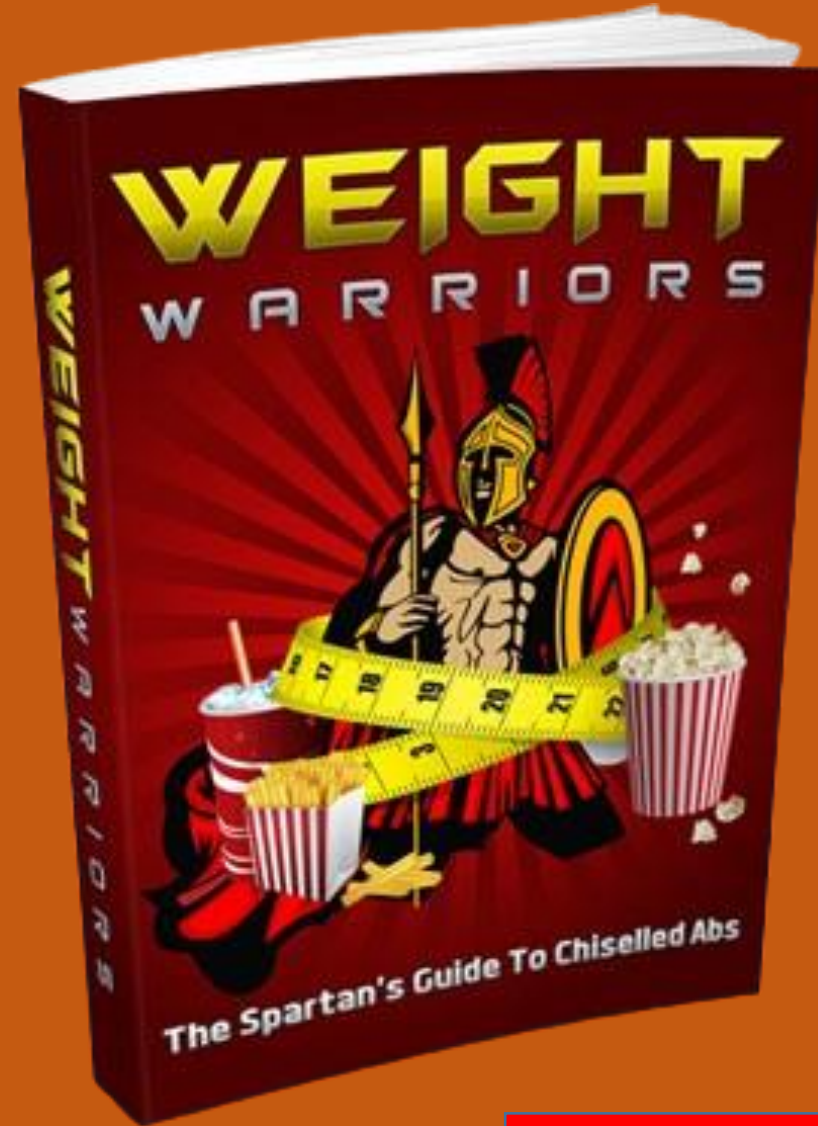
Weight Loss With Baby Food Diet

It is a fact that we all want to look good. We are all finding ways on how to enhance our look, especially our body. We want to be fit not just to fit in with the trend but to keep ourselves healthy as well. There are a lot of sexy actors and actresses out there who inspires us to have a better body.



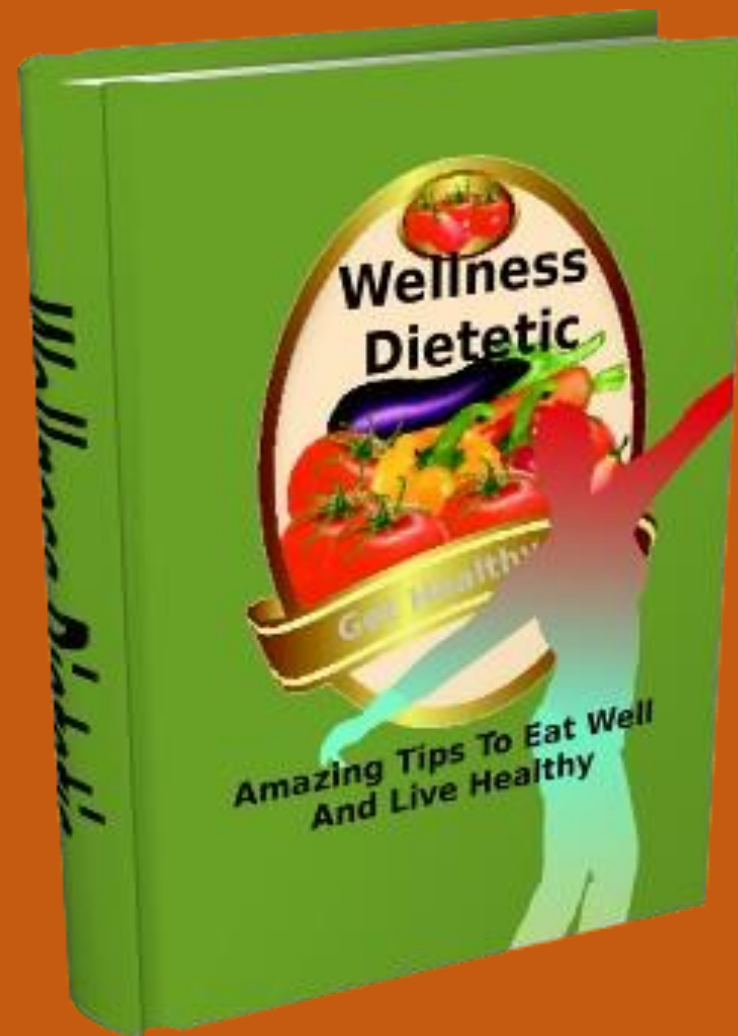
Weight Warriors

Let's face it pal. Those turtlenecks is doing anything but get rid of that double chin taking residence. On a second note, you ever feel Sluggish? Out of shape? Like your clothes seem to be outgrowing you a little faster than they should? Get all the info you need here.



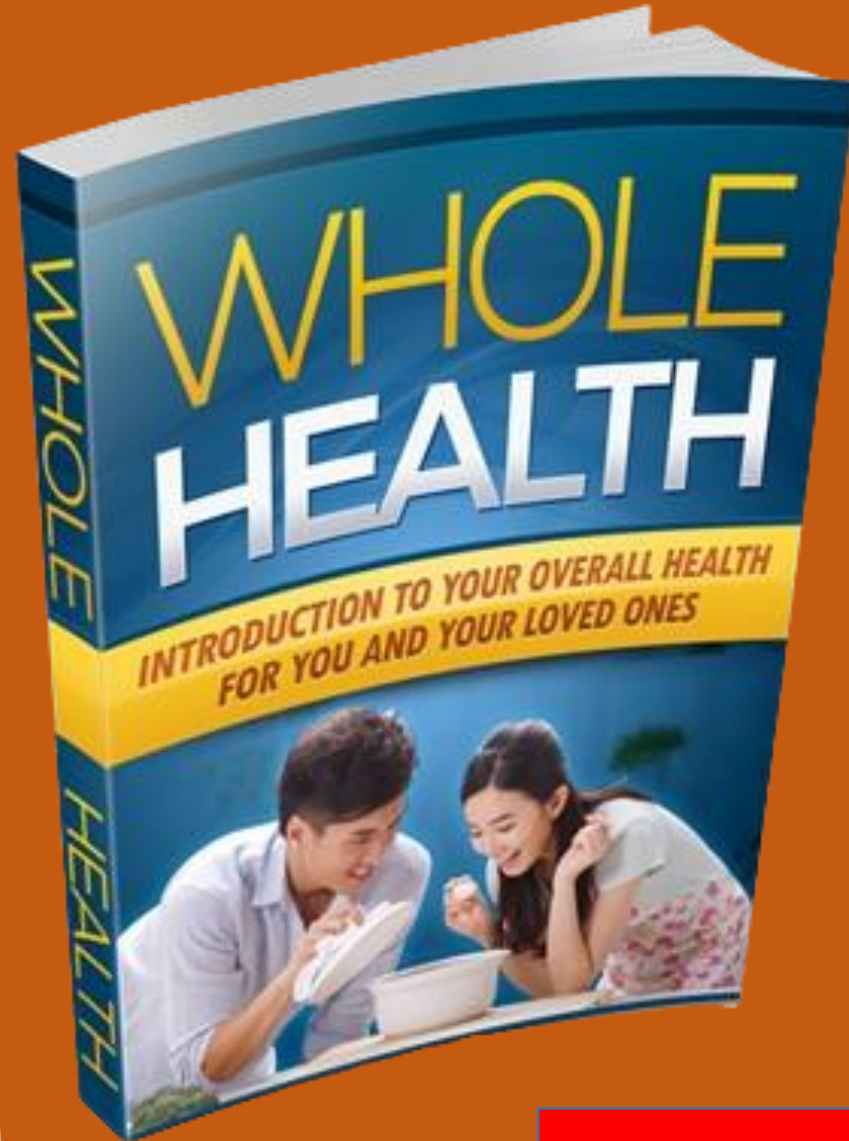
Wellness Dietetic

Where previously most people take health for granted, now most people make a conscious effort to stay healthy. Part of staying healthy is knowing the benefits of exercise, living according to appropriate lifestyle habits, healthy dietary choices and generally keeping stress levels as low as possible.



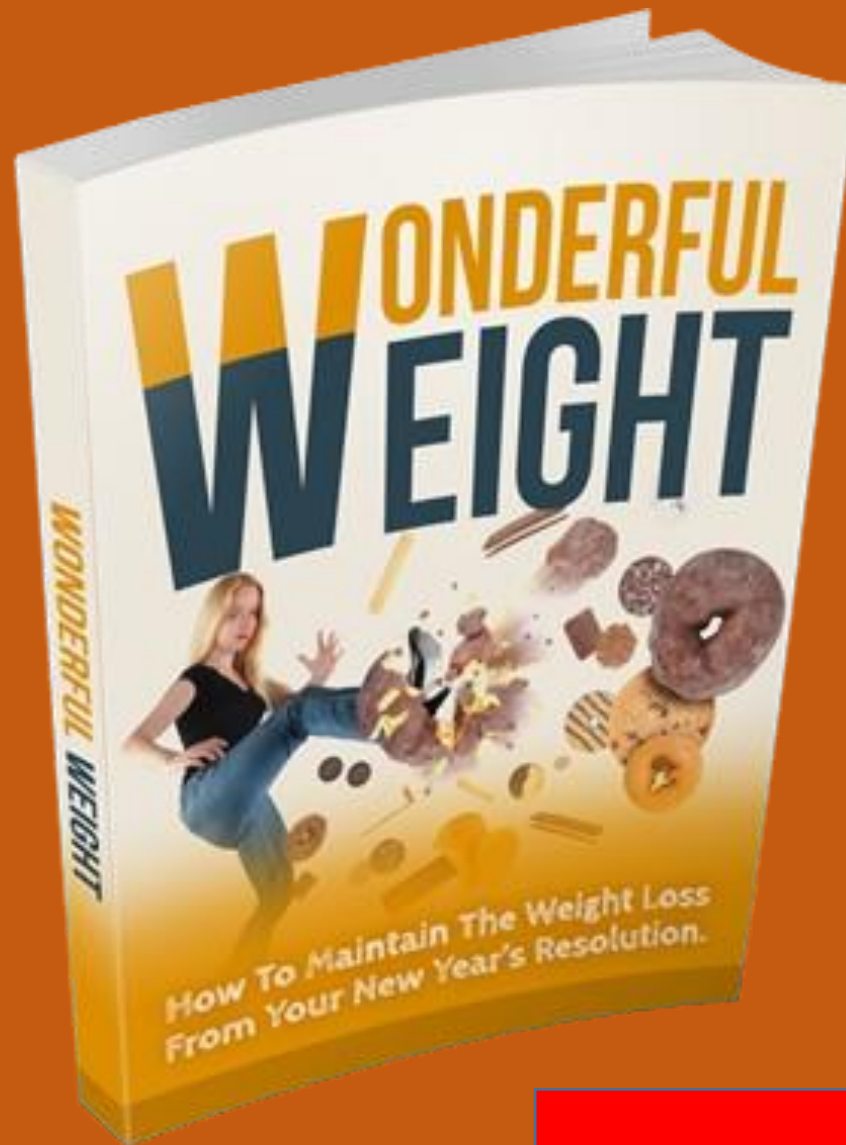
Whole Health

Engaging ourselves in physical activities is very important regardless of our age and status in life. This is because staying healthy doesn't need a requirement to be able to start. Exercising daily will help us improve our overall health and reduce the risk of any illness.



Wonderful Weight

There are tons of reasons why obese or overweight people try to lose weight. Some want to be healthier, to feel and look better while others want to have more energy to accomplish their daily tasks.



How to Claim Your Bonuses

1. Once you've purchase your product through a link from our website Digisays.com
2. Go to Digisays.com and search page [CLAIM BONUS PAGE](#)
3. **Fill the form with your details, the proof of purchase and mention the Bonus(es) Package(s) you desire.**
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