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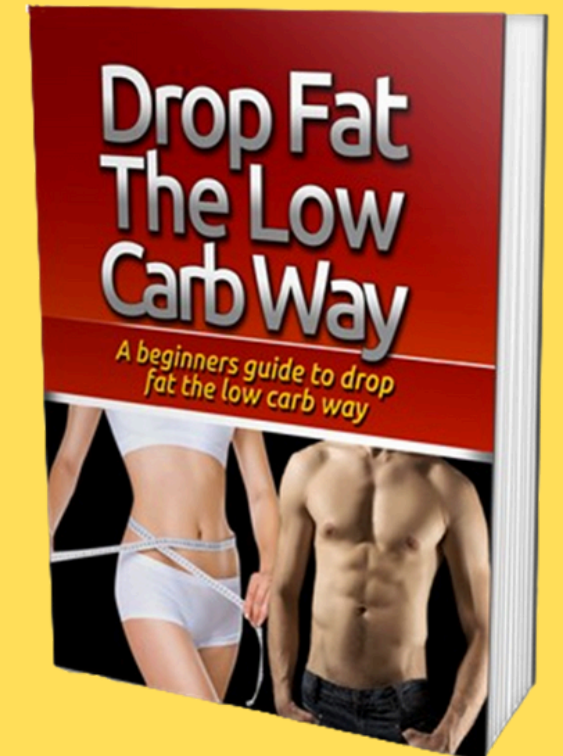
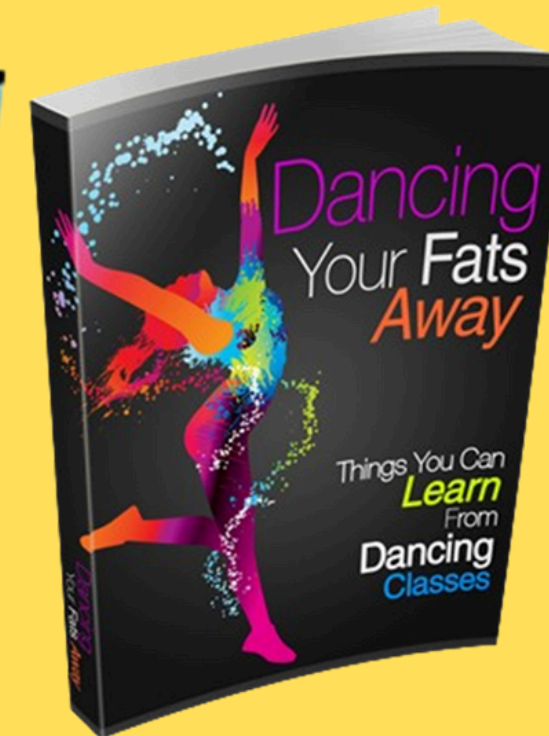
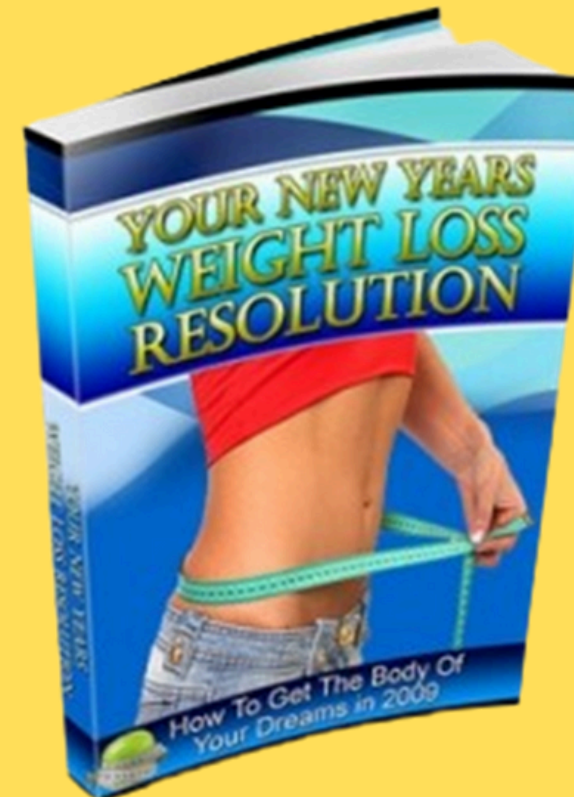
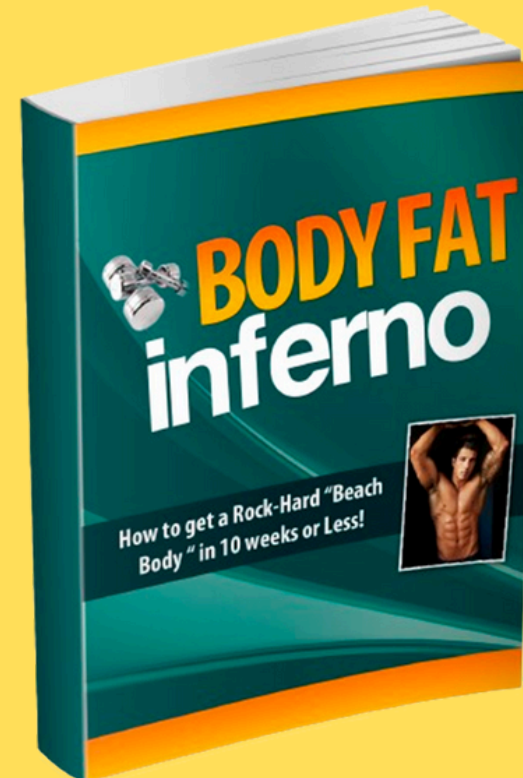
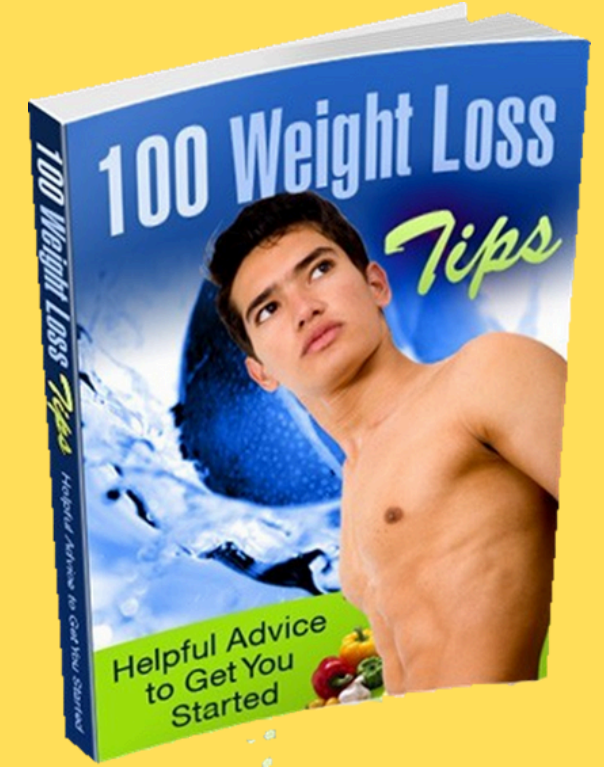
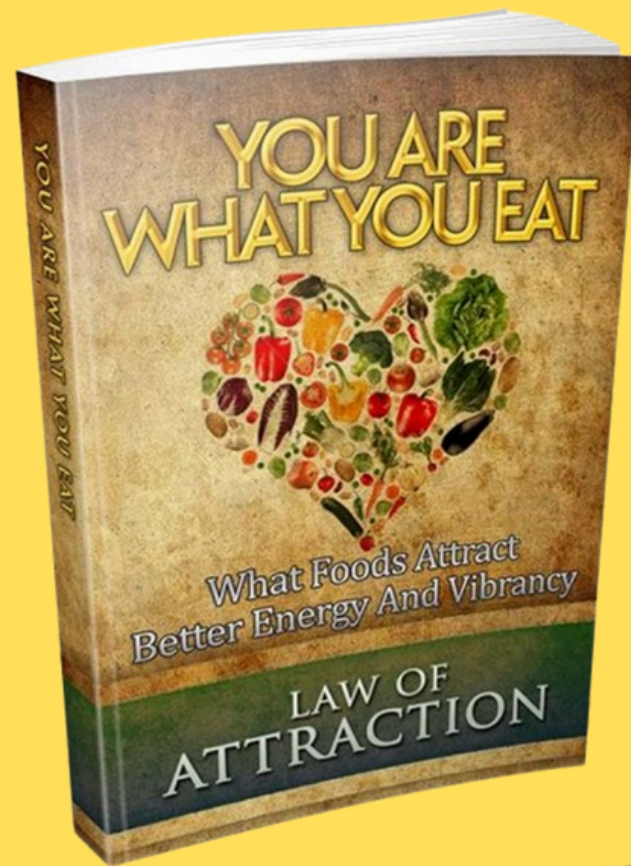
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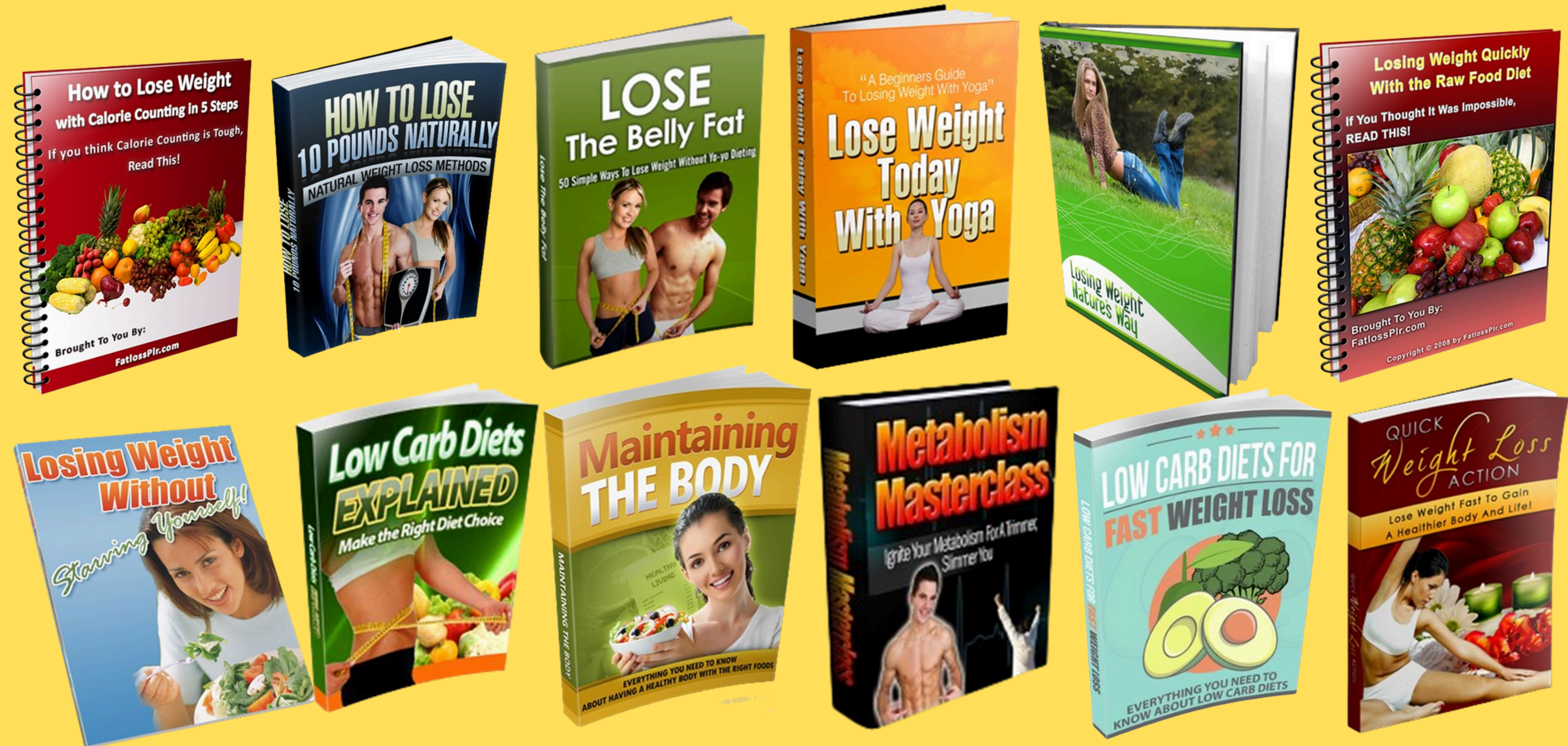


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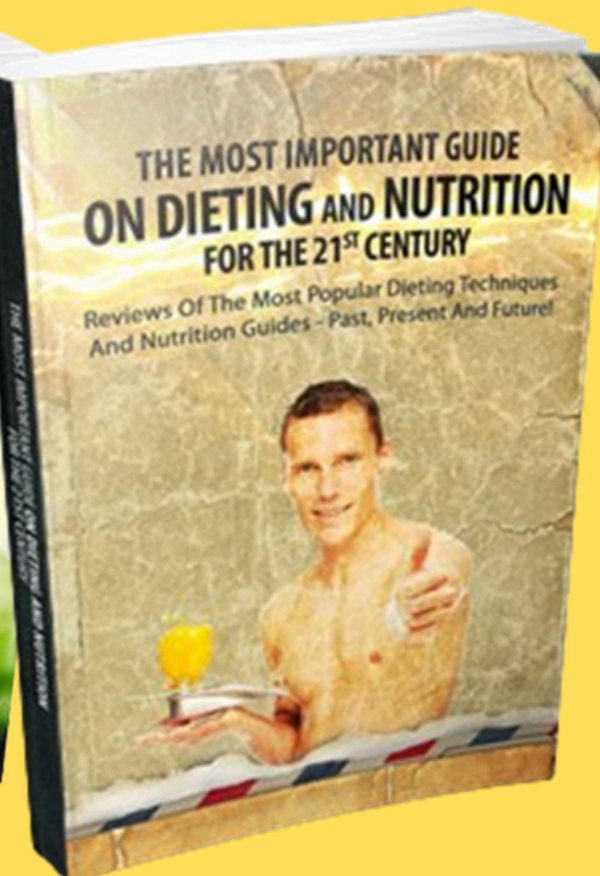
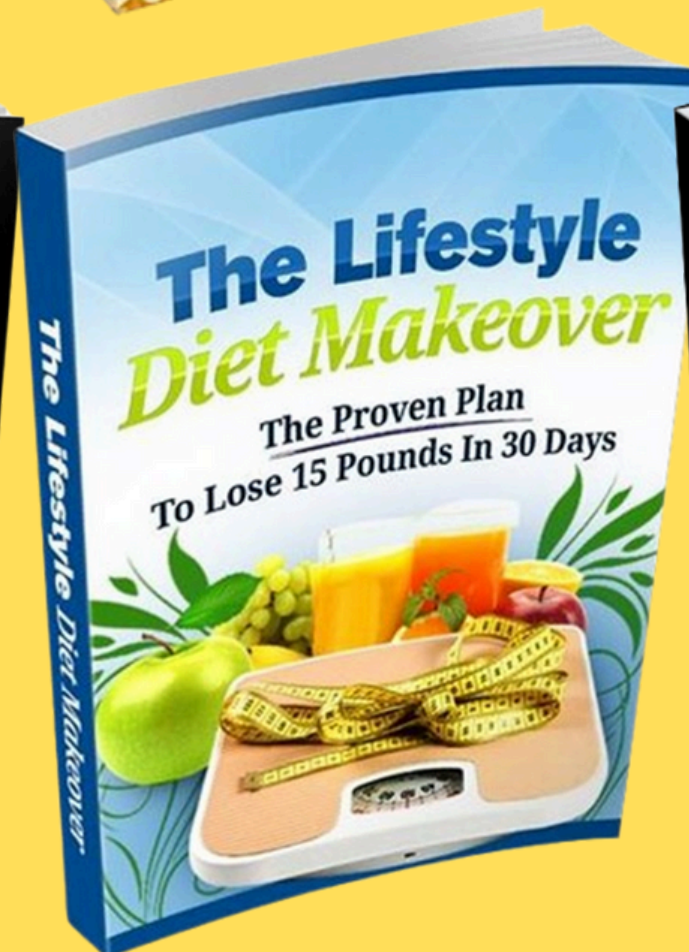
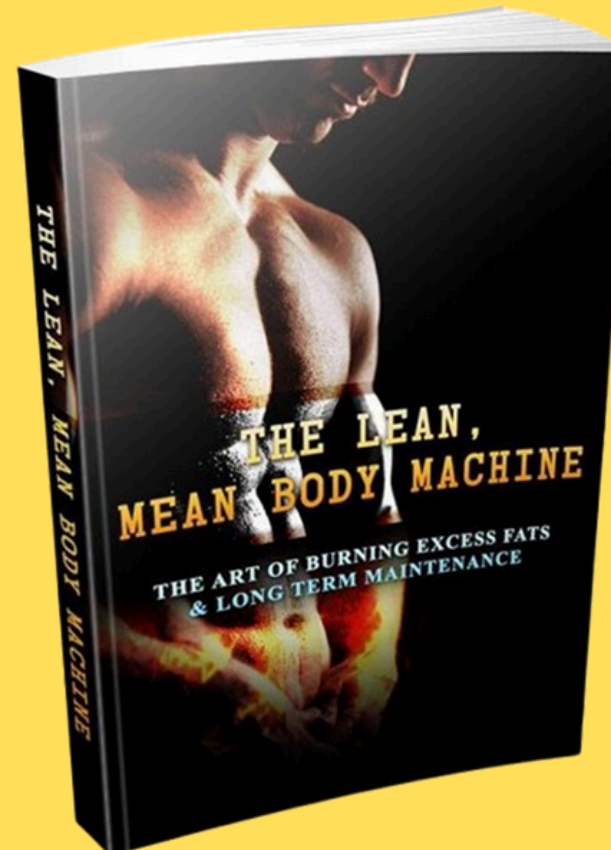
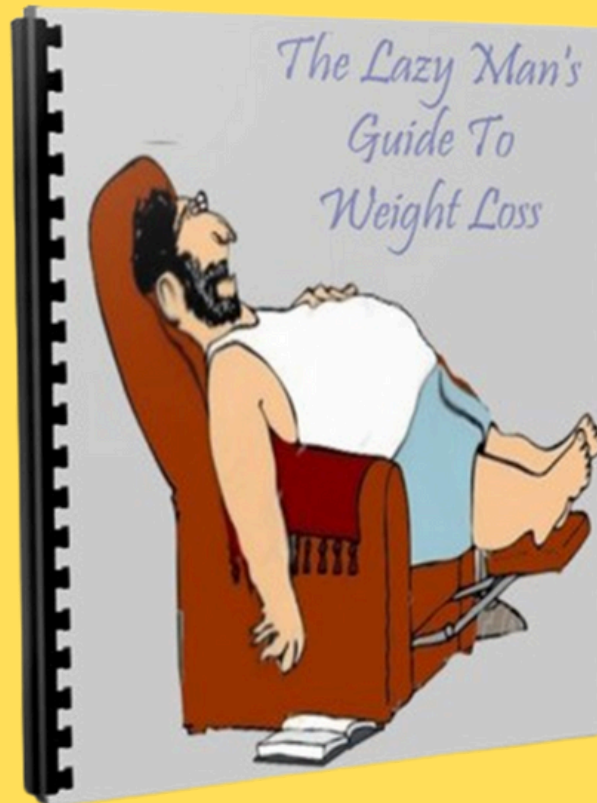
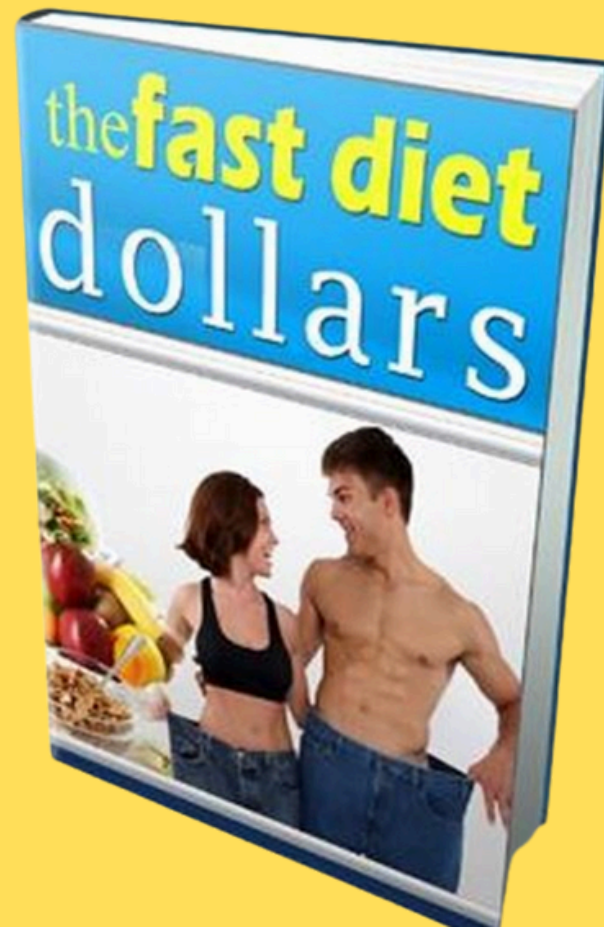
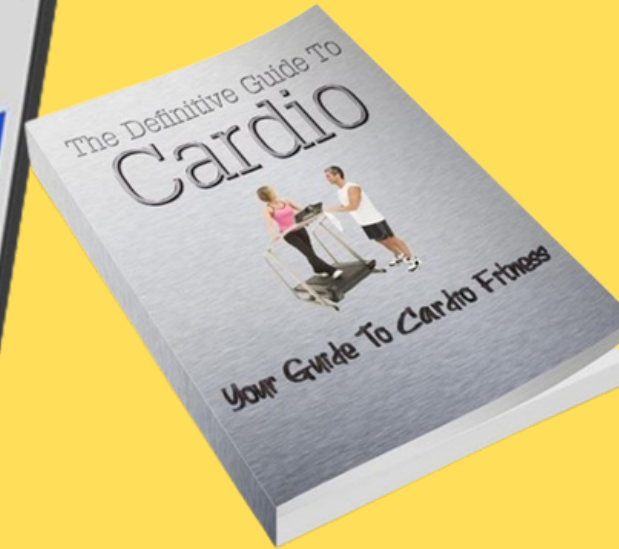
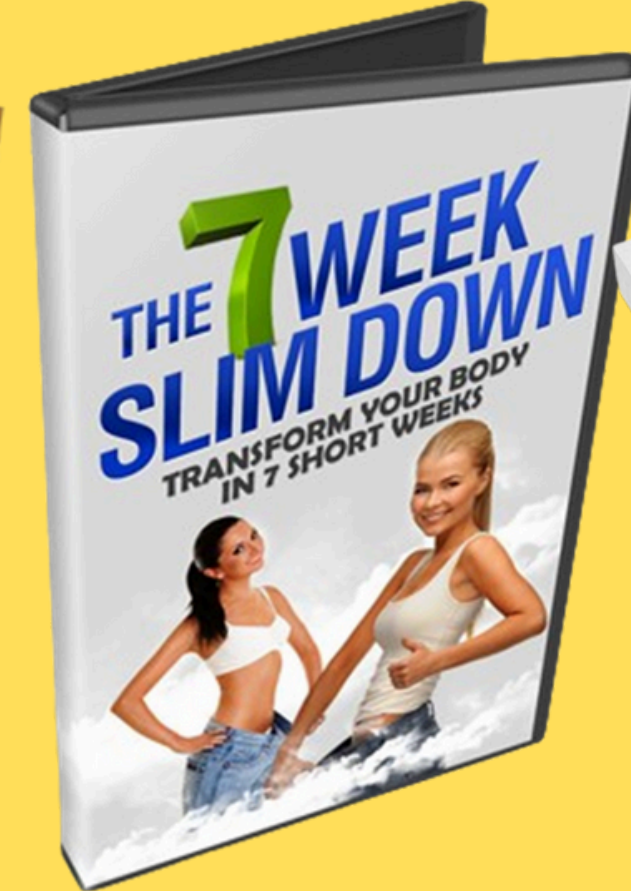
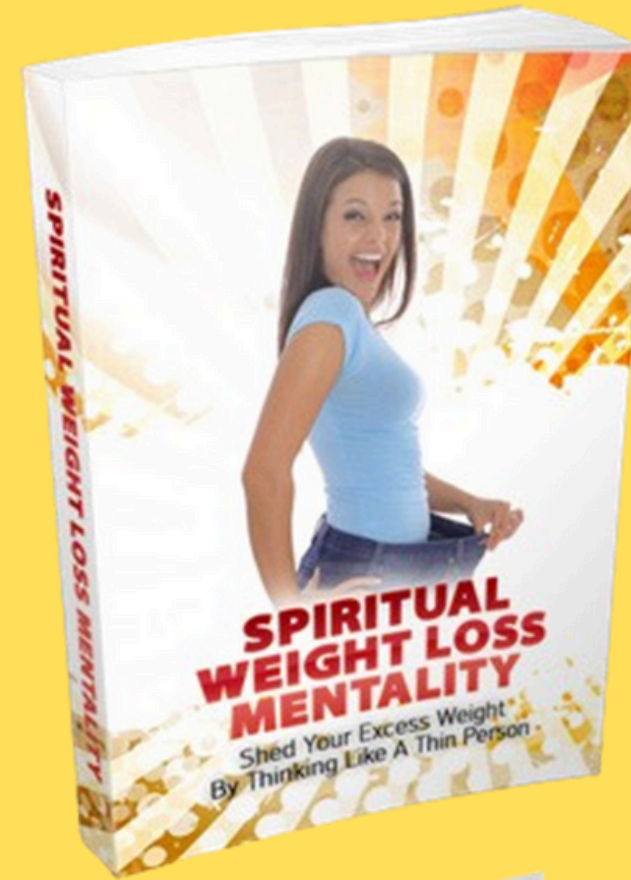
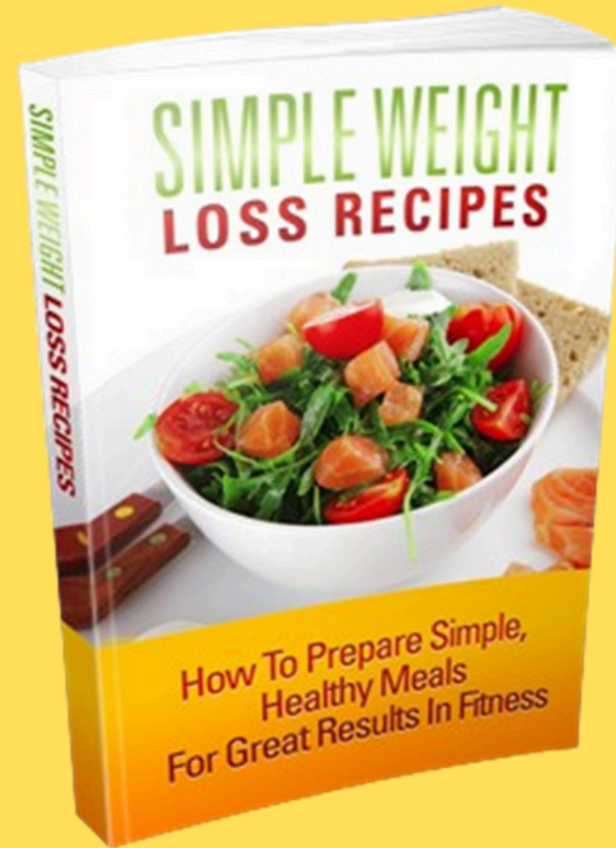
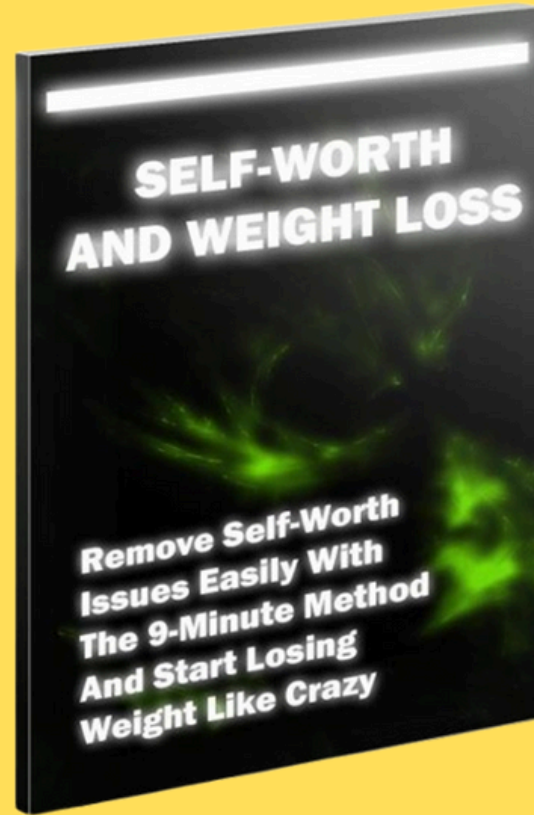
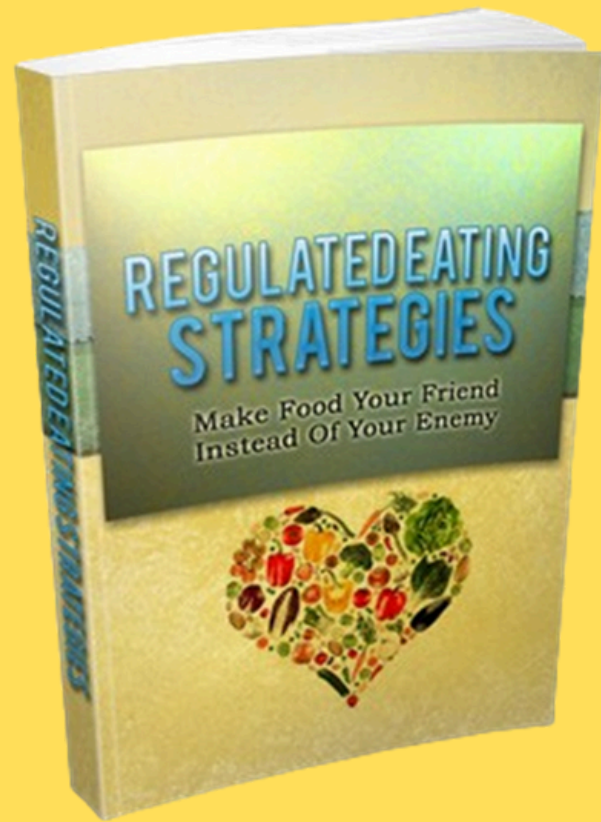


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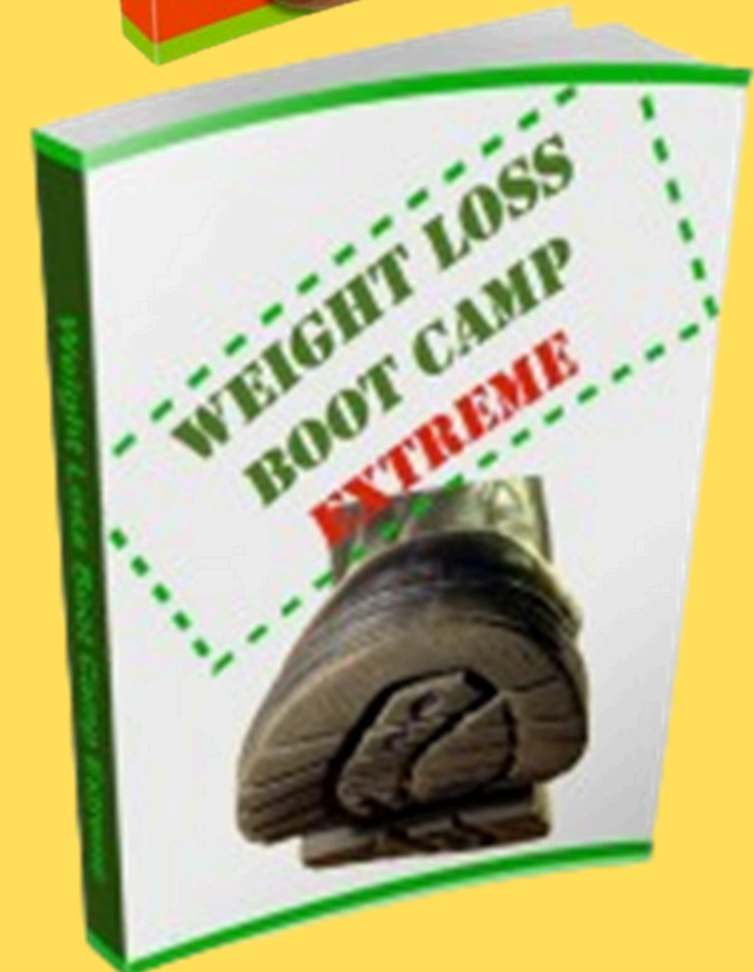
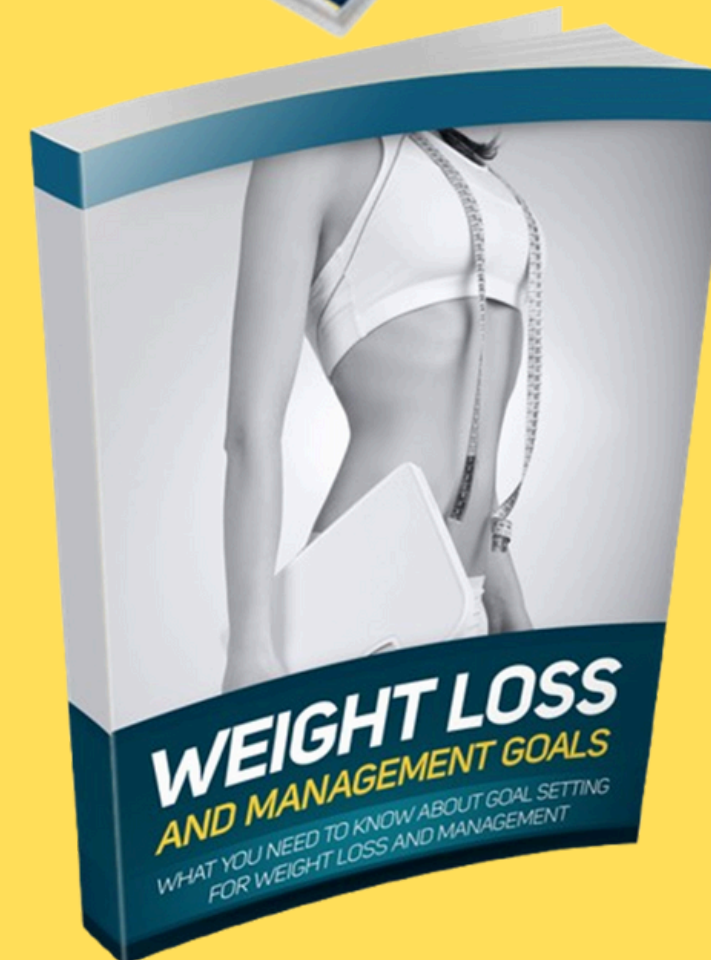
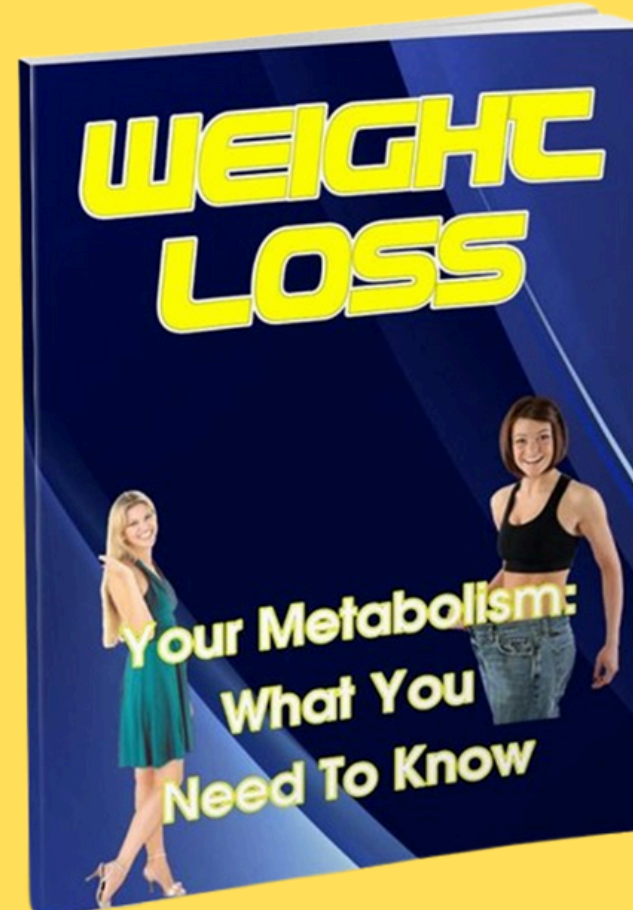
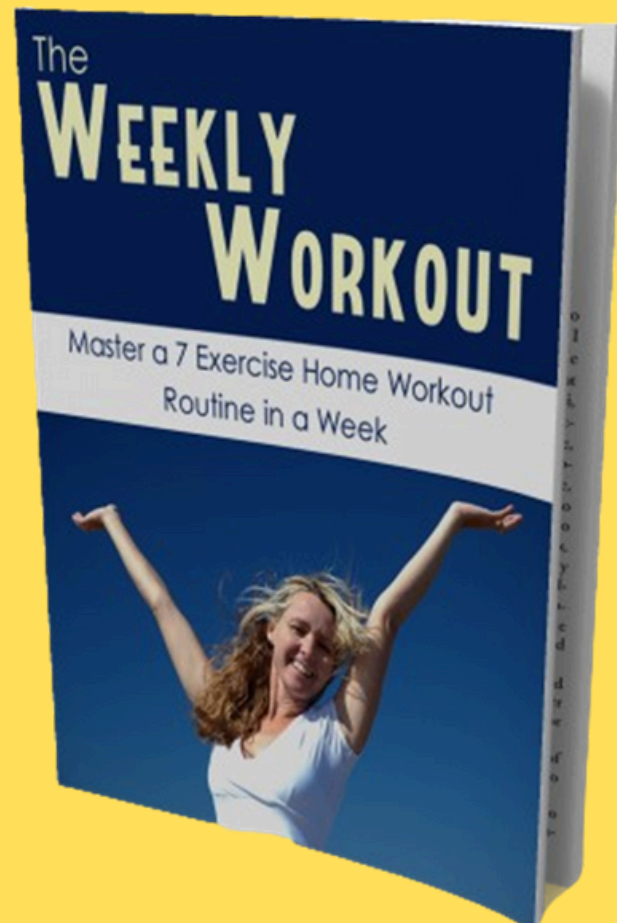
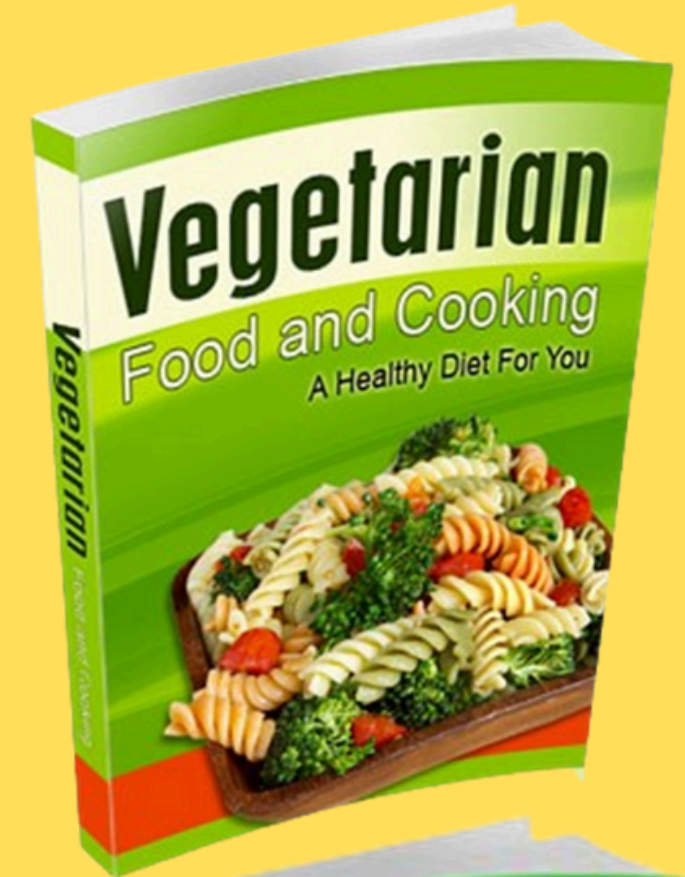
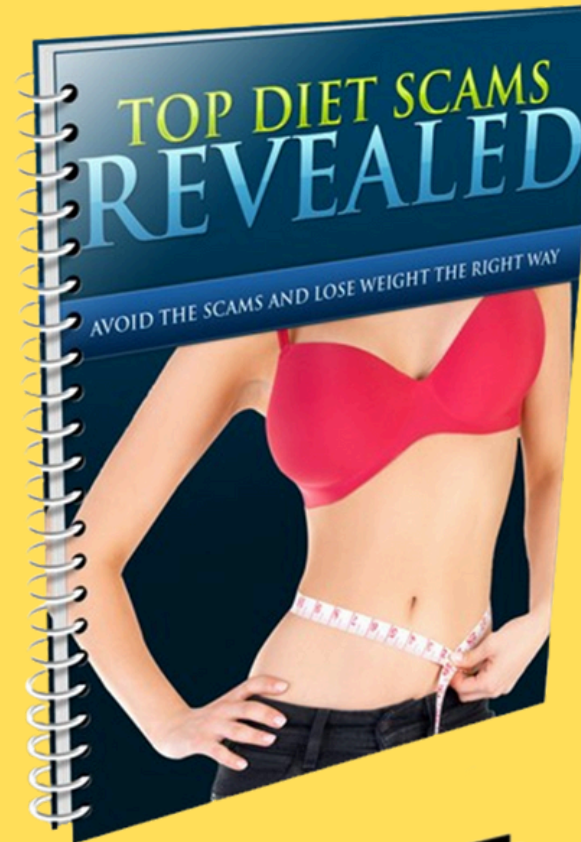
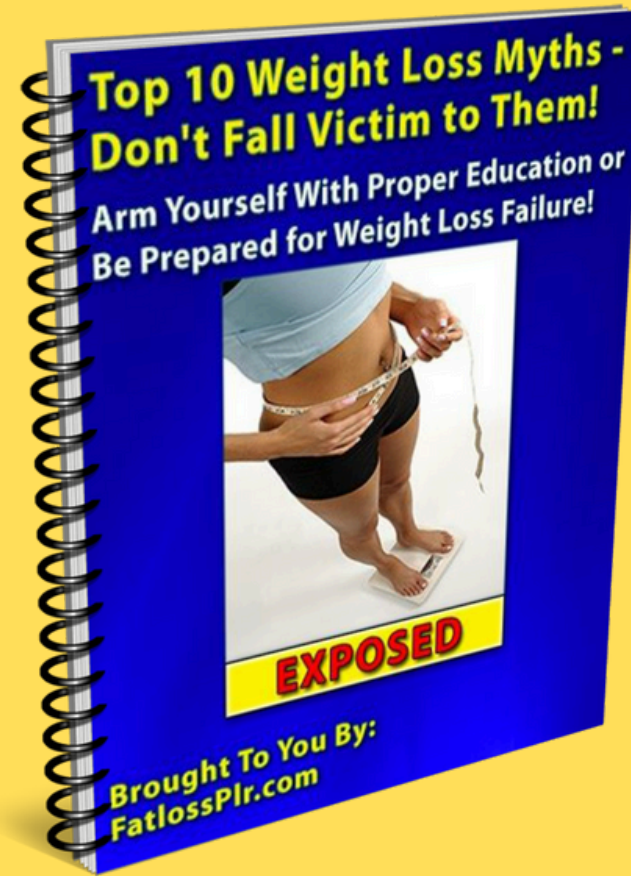
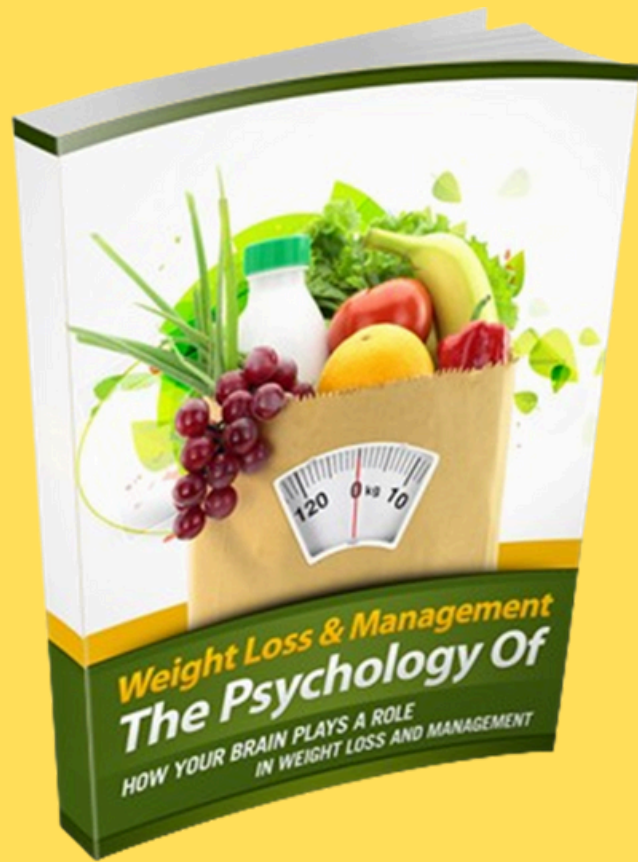


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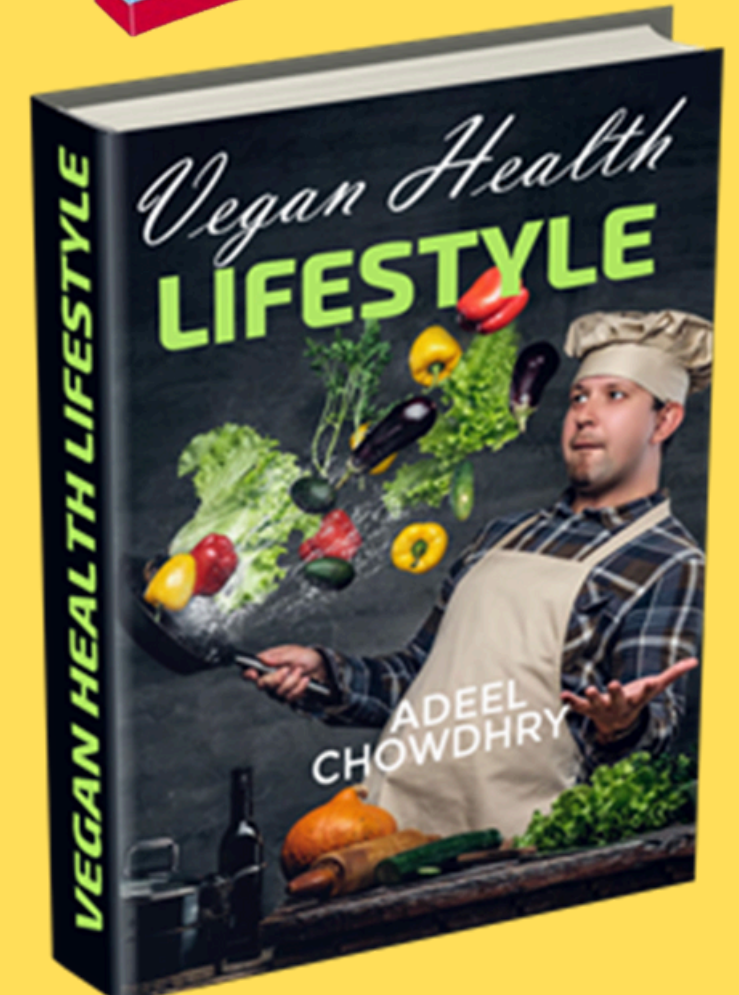
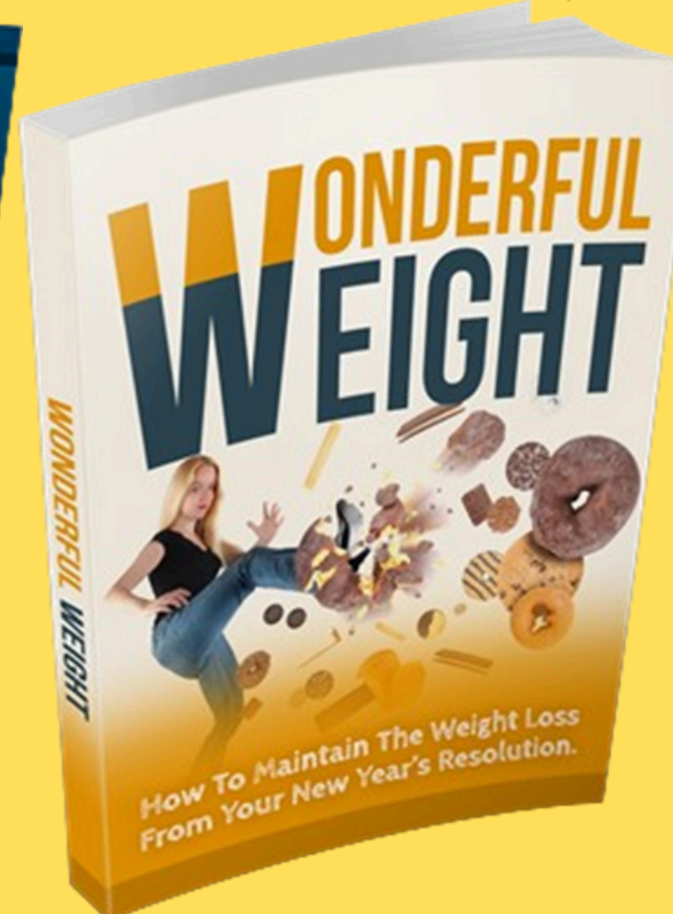
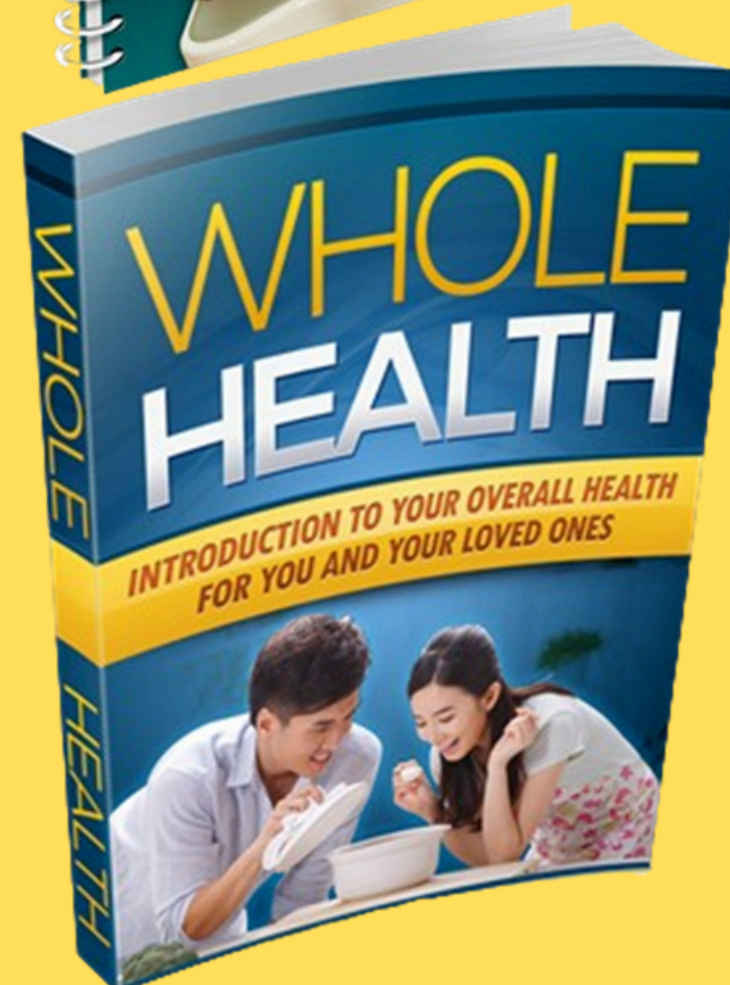
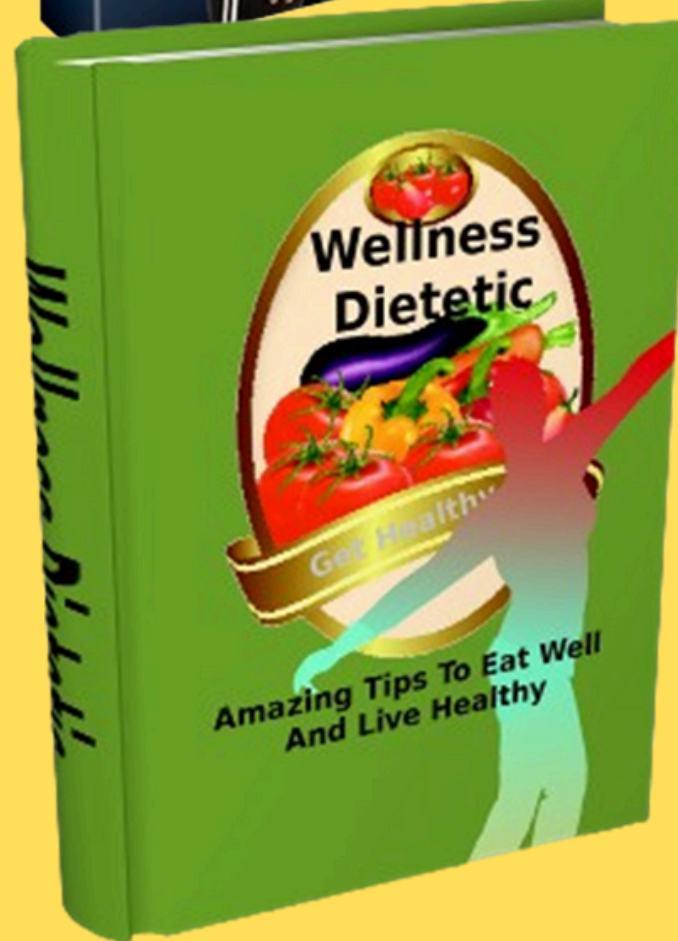
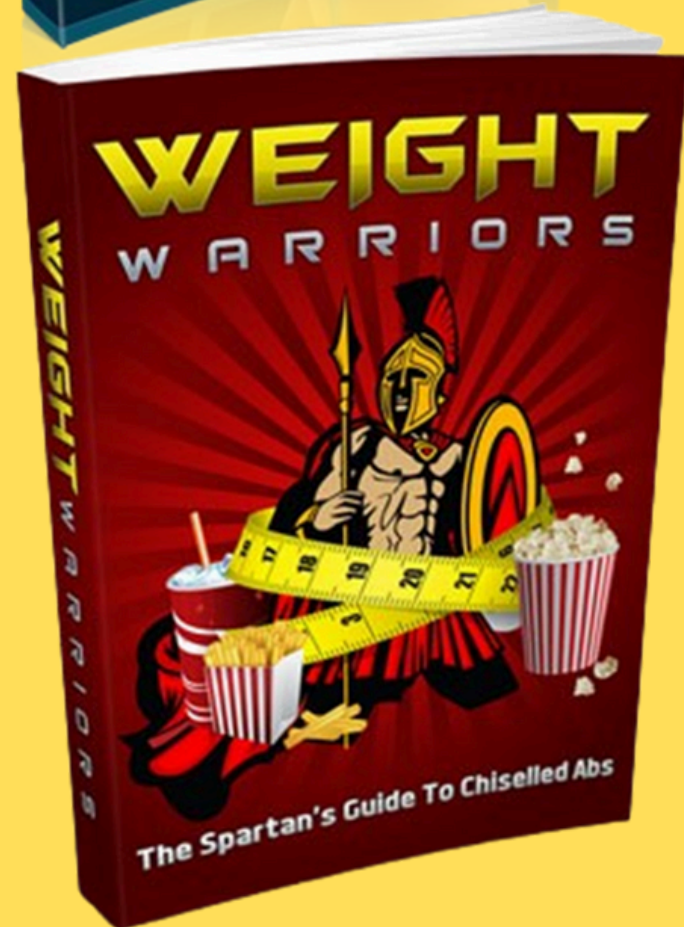
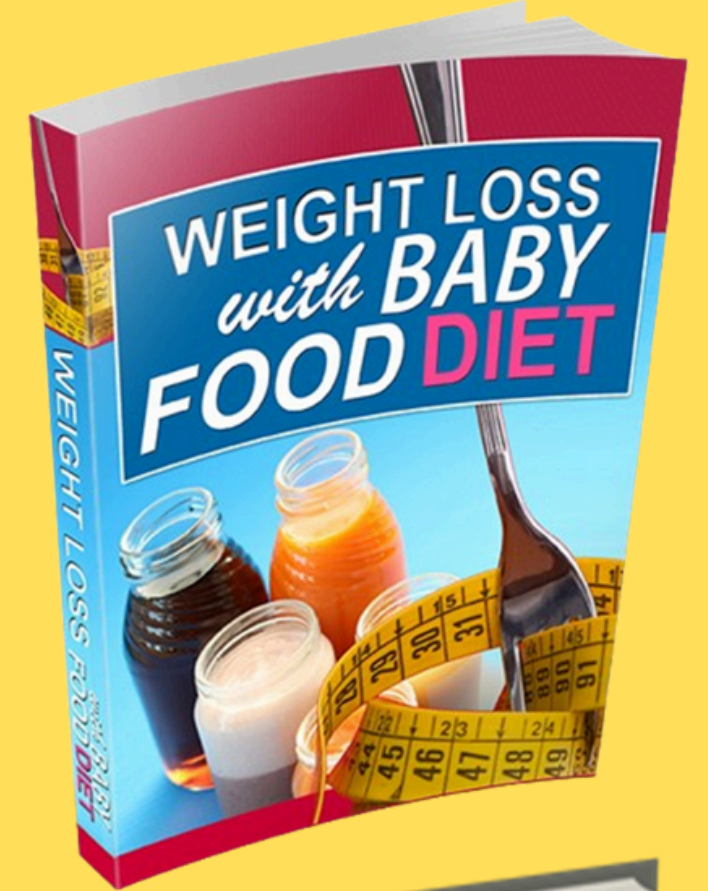
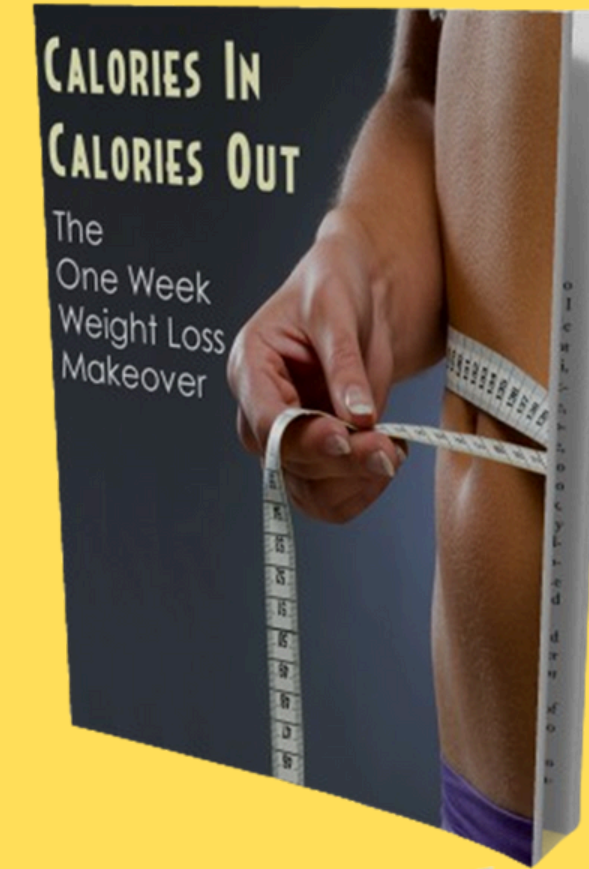
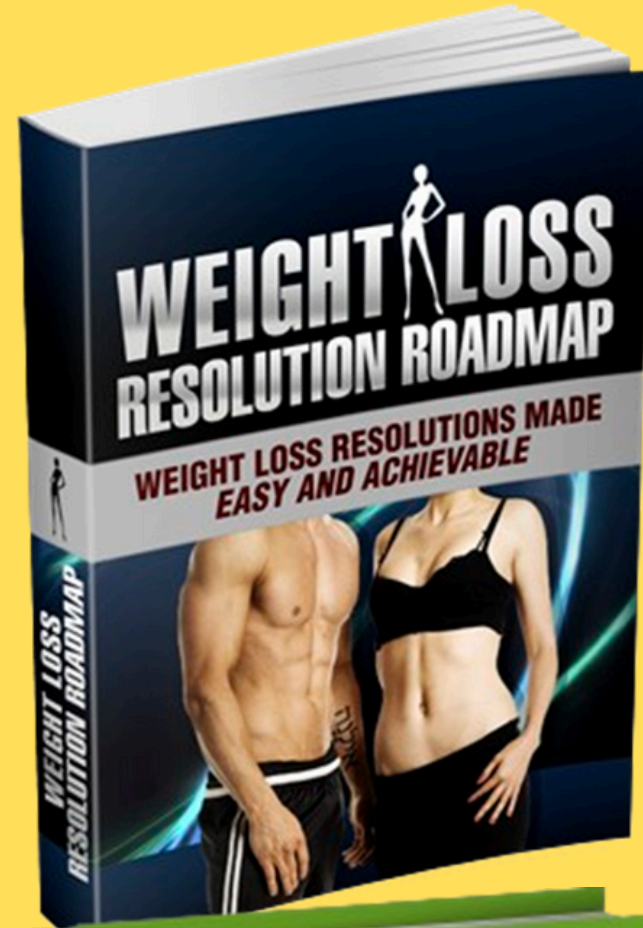
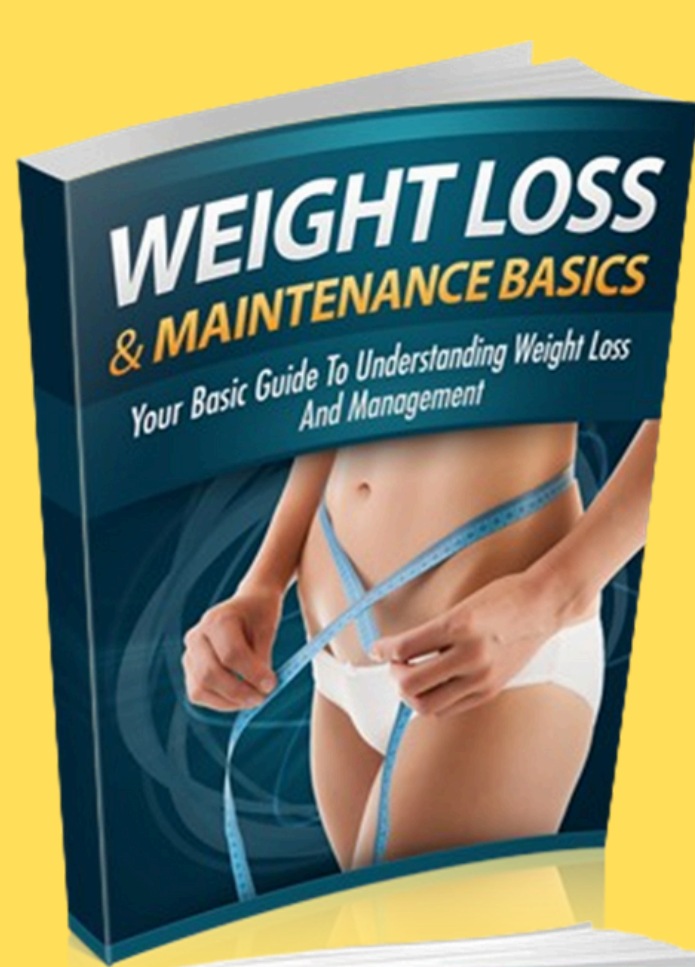


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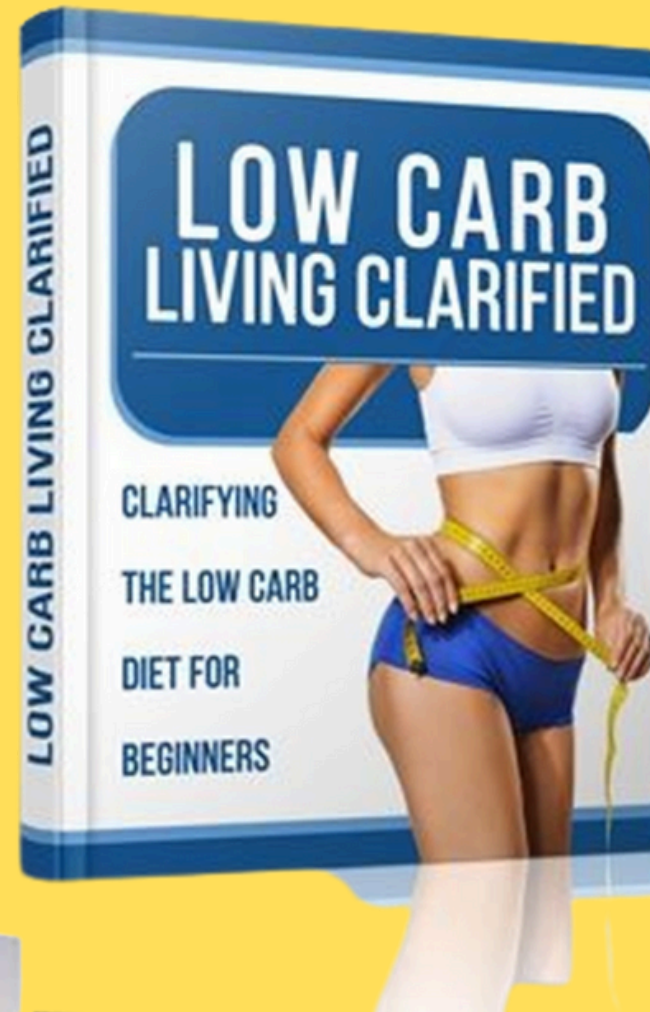
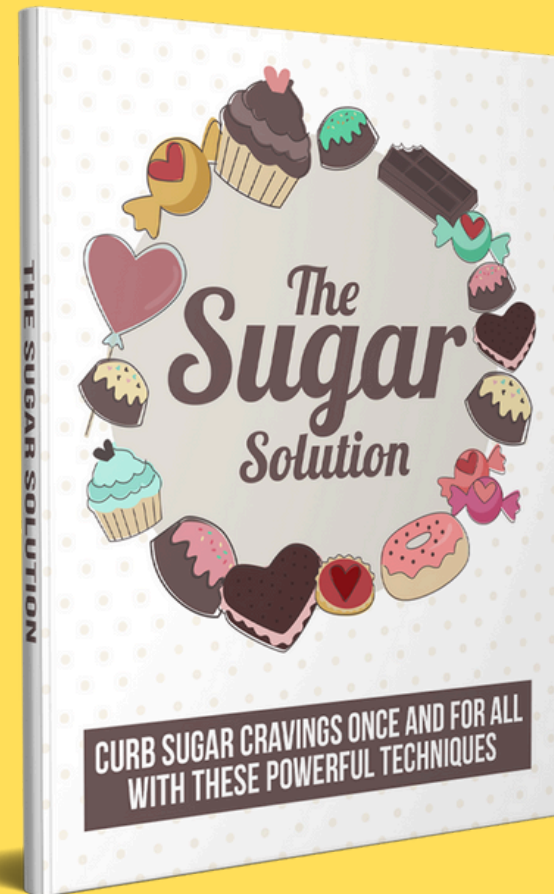


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# DIGISAYS.COM - BONUS PACK 12 - Weight Loss

Bonus #	Bonus Name	Description
551	<i>Lose Your Belly Fat</i>	<i>It's Time To Turn Your Life Around And To Feel The Best You've Ever Felt, By Getting Rid Of That Belly Fat!</i>
552	<i>Eating Right</i>	<i>Are you ready to start eating healthy today? It's About Time For You To Learn How To Eat Right and Be Bright!</i> <i>Master Resell Rights (MRR)</i>
553	<i>24 Hour Fat Burn</i>	<i>Revealed! The Secrets To Mastering Your Metabolism That Will Turn You Into A Fat Burning Machine!</i>
554	<i>Fit In 15</i>	<i>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.</i>
555	<i>10 Simple Keto Recipes</i>	<i>10 Simple Keto Recipes You Can Make In Under 10 Minutes!</i>
556	<i>100 Weight Loss Tips</i>	<i>Discover 100 tips to lose weight fast!</i>
557	<i>2 Easy Ways to Help You Lose Weight Before Christmas</i>	<i>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.</i>
558	<i>5 Ways To Get Rid Of The Baby Fat</i>	<i>Discover 5 Ways To Get Rid Of The Baby Fat Fast</i>
559	<i>Body Fat Inferno</i>	<i>Fabulos cheat sheets to get rid of fat</i>
560	<i>Your New Years Weight Loss Resolution</i>	<i>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.</i>
561	<i>Dancing Your Fats Away</i>	<i>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.</i>
562	<i>Drop Fat The Low Carb Way</i>	<i>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.</i>
563	<i>Eat Right To Feel Great</i>	<i>Most of us consider ourselves 'healthy' individuals. We may, however, just be blissfully unaware of the grim reality!</i>
564	<i>Eat Yourself Thin</i>	<i>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.</i>
565	<i>Empowered Fitness Bible</i>	<i>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.</i>
566	<i>Exercise Tips For The Elderly</i>	<i>Generally, fit individuals as old as 90 can decrease their tendency to fall by up to fifty percent through physical activity and balance training.</i>
567	<i>Exercise without effort</i>	<i>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.</i>



568	<i>Fad diet Fiascos</i>	<i>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.</i>
569	<i>Fat Free Forever</i>	<i>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.</i>
570	<i>Fat Burning Foods</i>	<i>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.</i>
571	<i>Get Fit Get Healthy</i>	<i>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.</i>
572	<i>Get Juiced</i>	<i>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.</i>
573	<i>Healthy Weight Loss For Teens</i>	<i>According to the National Center for Health Statistics, there has been a dramatic increase in obesity in Americans since the 1990s.</i>
574	<i>How To Boost Your Metabolism</i>	<i>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). The body uses this energy to conduct a vast array of essential functions.</i>
575	<i>How to Lose Weight with Calorie Counting in 5 Steps</i>	<i>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. You’ve attempted “fad” diets like the ones you’ve seen on TV. Short of gastric bypass surgery, you feel like you have no other option.</i>
576	<i>Junk Food Eliminator</i>	<i>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. This is partly due to the fact that in our hectic society, everyone is so busy that we don't even have the time to eat a healthy lunch, let alone cook a dinner that can literally save our lives.</i>
577	<i>Lose 10 Pounds Naturally</i>	<i>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.</i>
578	<i>Lose Fat Get Fit</i>	<i>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.</i>
579	<i>You Are What You Eat</i>	<i>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.</i>
580	<i>Lose Weight Today With Yoga</i>	<i>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.</i>
581	<i>Losing weight natures way</i>	<i>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.</i>



582	<i>Losing Weight Quickly With the Raw Food Diet</i>	<i>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.</i>
583	<i>Losing Weight Without Starving Yourself</i>	<i>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!</i>
584	<i>Low Carb Diets Explained</i>	<i>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.</i>
585	<i>Maintaining The Body</i>	<i>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 aving a healthy body, however many of us don't know how to sustain a healthy body.</i>
586	<i>Metabolism Masterclass</i>	<i>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.</i>
587	<i>Fab Fitness</i>	<i>Fab Fitness pack with ebook and articles</i>
588	<i>Low Carb Diets For Fast Weight Loss</i>	<i>Learn All About The Real Benefits of Low Carb Diets And Discover What They Can Really Do To Improve The Quality Of Your Life Today!</i>
589	<i>Weight Loss Mantra</i>	<i>This guide in this package contains excellent tips and techniques to master all aspects of weight loss in a time-efficient and effective way, based on extensive research and advice from experts in the industry to enable you to deliver massive value and get high-paying, long-term customers.</i>
590	<i>Quick Weight Loss Action</i>	<i>Quick Weight Loss Action A Step By Step Guide To Losing Weight Real Fast</i>
591	<i>Regulated Eating Strategies</i>	<i>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, verything peters out.</i>
592	<i>Self Worth And Weight Loss</i>	<i>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!</i>
593	<i>Simple Weight Loss Recipes</i>	<i>The perception that thin people are healthy people could not be further from the truth; though in contrast fat people are really mostly unhealthy people are quite true.</i>
594	<i>Spiritual Weight Loss Mentality</i>	<i>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.</i>
595	<i>The 7 Week Slim Down</i>	<i>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.</i>
596	<i>The Definitive Guide To Cardio</i>	<i>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.</i>



597	<i>The Fast Diet Dollars</i>	<i>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.</i>
598	<i>The Lazy Man's Guide To Weight Loss</i>	<i>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.</i>
599	<i>The Lean, Mean Body Machine</i>	<i>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.</i>
600	<i>The Lifestyle Diet Makeover</i>	<i>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.</i>
Extra 1	<i>The Mediterranean Diet Meltdown</i>	<i>The current statistics in a world of obesity is frightening, especially when considering the direct correlations to illnesses and diseases.</i>
Extra 2	<i>The Most Important Guide On Dieting And Nutrition</i>	<i>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 efinite paucity of nutritional content in the routine diet that we consume today.</i>
Extra 3	<i>The Psychology Of Weight Loss And Management</i>	<i>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 efinite paucity of nutritional content in the routine diet that we consume today.</i>
Extra 4	<i>Top 10 Weight Loss Myths</i>	<i>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.</i>
Extra 5	<i>Top Diet Scams Revealed</i>	<i>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.</i>
Extra 6	<i>Turbo Metabolism</i>	<i>Metabolism. There isn't perhaps a more frequently used word in the weight loss (and weight gain) vocabulary than this. Indeed, it's not uncommon to overhear people talking about heir struggles – or triumphs – over the holiday bulge or love handles in terms of whether their metabolism is working, or not.</i>
Extra 7	<i>Vegetarian Food and Cooking</i>	<i>To get a good understanding of being a vegetarian, vegetarian food, and cooking it will help to learn about the origins of Vegetarianism. Vegetarianism can be traced back to ancient gyptian society where many religious sects abstained from eating meat or wearing clothing that was made from animal skins do to their beliefs in reincarnation.</i>
Extra 8	<i>Weekly Workout</i>	<i>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. The exercises are probably familiar to you but the classic exercises are just that for a reason - they work and they are easy.</i>
Extra 9	<i>Weight Loss -Your Metabolism - What You Need To Know</i>	<i>FIRE UP YOUR METABOLISM AND ACHIEVE LASTING AND NATURAL WEIGHTLOSS STARTING TODAY</i>
Extra 10	<i>Weight Loss All Star</i>	<i>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. The exercises are probably familiar to you but the classic exercises are just that for a reason - they work and they are easy.</i>



Extra 11	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.
Extra 12	Weight Loss Boot Camp Extreme	Dieting is for wimps, THIS is how to lose weight.
Extra 13	Weight Loss Maintenance	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.
Extra 14	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.
Extra 15	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.
Extra 16	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.
Extra 17	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.
Extra 18	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.
Extra 19	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. Get all the info you need here.
Extra 20	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.
Extra 21	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.
Extra 22	Vegan Health Lifestyle	Vegan Health Lifestyle
Extra 23	Maintaining a Healthy Weight On the Go A Pocket Guide	Maintaining a Healthy Weight On the Go A Pocket Guide por Advancing Heart Lung, Blood and Sleep Research provides essential tips for making healthier choices while eating out or on the go.
Extra 24	The Sugar Solution	The Sugar Solution PLR Ebook with private label rights discusses the very real and relevant topic of our addiction to sugar and how to curb those cravings to be healthier!



<i>Extra 25</i>	<i>Low Carb Living Clarified</i>	<i>Low Carb Living Clarified comes with bonuses (chapter cheat sheets, weight loss template, weight loss tracker), pdf ebook, website &amp; copy, banners, graphics, license pack, keyword report, social media images, tweets, FB updates and audios.</i>
<i>Extra 26</i>	<i>Weight Loss Management</i>	<i>Weight Loss Management is great ebook that covers a variety of topics related to managing your weight and staying healthy.</i>
<i>Extra 27</i>	<i>Secrets Of Food Combinations</i>	<i>Quick and easy ebook on the topic of combining foods for better health and weight loss!</i>