

**(MORE THAN) 50 WAYS TO LOSE YOUR BLUBBER**

**Elyse Thrasher**

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There's at least 50 ways to lose your blubber check them out.. I hope you can use one or more of these simple swaps and tips on a daily.

**50 ways to lose your blubber**

Editorial Reviews. About the Author. Certified personal trainer, Record holding powerlifter, (More than) 50 Ways to lose your blubber by [Yarnell, Dave].

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## **Fifty Ways to Feed Your Blubber, Parody Song Lyrics of Paul Simon, "Fifty Ways to Leave Your Lover"**

Fifty Ways to Lose Your Blubber was originally published in A lot . you have 40 or 50 pounds to lose, you're looking at six months (or more) of giving up .

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An experienced diet counsellor, she also runs a six-week Living Slim course and writes for a number of health and fitness magazines. Rob Arndt - August 23, - Report this comment. Youcannotouttrainabaddiet. There are healthy options around but people find it difficult. Here are 52 tips for each week of the year, but we know we're just scratching the surface. Downloadamovieandpropitonatreadmillatthegym.Catherine Falls Commercial Getty Images. Deliver Outside The Box is driven by this