

Title:

Are You Overweight, Is It Too Late ?

Word Count:

327

Summary:

Overweight is a big problem these days. This is an article that will help people understand ab

Keywords:

overweight, health, exercise

Article Body:

When is it too late to start exercising and eating healthy. Some people say never, I disagree

If you are overweight it makes life much harder, getting up and down, walking anywhere, much l

The best time to start an exercise program and eating healthy is when you are young. Unfortuna

At any age a person should and can improve their way of eating and getting some kind of exerci

Walk with a friend 2 or 3 times a week. Start off walking short distances and increase it a li

Soon those same people who were staring and whispering will come up to you and say, "Don't I k

Start today with your new way of life; you're going to love the way you feel.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>