

**WEIGHT LOSS**  
**TWENTY POUNDS IN TEN WEEKS**  
*MOVE It to Lose It*

**The Health Colonel. Changing the way Americans think about health.**  
**No nonsense.**  
**Just results.**

Get on the M.O.V.E. and you will

**M**AXIMIZE your results.

**O**VERCOME your weaknesses and bad habits.

**V**ICTORY. Achieve victory through lifestyle change empowerment.

**E**NERGIZE. Become energized to accomplish all your worthy goals.

**You will discover how easy it is to:**

- ✓ Set goals and keep them
- ✓ Eat healthy
- ✓ Control calories with 1,200 and 1,600 calorie menus
- ✓ Lose weight and burn calories with the weight loss plan
- ✓ Exercise without the need for a gym
- ✓ Overcome mental obstacles, eliminate excuses, deal with set-backs

*Are you ready for a successful weight loss program?*

**Get on the M.O.V.E.!**

*"This book offers just what is needed to stay fit and healthy and lose excess weight. When needed. No hype. No gimmicks."*

Dr. Ihor Pidhorecky, M.D., Surgical Oncologist

*"A straightforward, no-nonsense weight-loss book with a realistic ten week program that works."*

Dr. Jamie E. Marlowe, Ed.D., former Combat Hospital Commander

*"Finally, an outstanding weight loss book that clearly covers exercise and eating that is realistic."*

Elizabeth Schy, RN, BSN

University of Miami-Humana Health Services Research Center

**Lt. Col. Bob Weinstein, USAR-Ret.** is the author of several books on topics of health and wellness. He has been featured on the History Channel and Fox Sports Net as well as in the Washington Times, The Miami Herald and the Las Vegas Tribune, among others.

He is a popular motivational speaker at corporate events and banquets and conducts military-style workouts on Fort Lauderdale Beach in South Florida. Discover more at [www.TheHealthColonel.com](http://www.TheHealthColonel.com).



**WEIGHT LOSS TWENTY POUNDS IN TEN WEEKS**

AS SEEN ON THE HISTORY CHANNEL  
**weight loss**

**20**  
**POUNDS**  
**TEN** *in*  
**WEEKS**

Move It to Lose it

The Health Colonel Series™



**LT. COL. BOB WEINSTEIN, RET.**