



Champions Body-for-LIFE

By Art Carey

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Champions Body-for-LIFE By Art Carey

The all-new official guide to the Body-*for*-LIFE Challenge, with success secrets and tips to help you win your own personal Body-*for*-LIFE Challenge, by Body-*for*-LIFE Challengers and Champions from the past 10 years.

Champions Body-for-LIFE is not just another diet or fitness book—it's a book of personal transformation. The Body-*for*-LIFE 12-week journey has changed the lives of millions. What makes it so successful?

It's Simple. It Works.

All it takes:

- 12 weeks
- 4 hours of exercise per week
- 6 small, balanced, and nutritious meals per day—never be hungry again

Now, Body-*for*-LIFE Champions and Challengers share how they created new and better lives for themselves, simply by following these three rules:

1. Know your reasons for changing (*Chapter 2*)
2. Write them down (*Chapter 3*)
3. Get started (*Chapter 4*)

You *do* have the power to change your body, your mind, your life.

Read how men and women become Champions as you follow the 12-week story of two Body-*for*-LIFE Challengers. Mark Unger, a major in the U.S. Marine Corps, and Alexa Adair, a college student, share their personal Journeys of Transformation—from their Decisive Moments, to Starting the Challenge, Week 12, and a year later. Week by week, they chronicle the excitement, the tough moments, and the life-transforming experience of finishing their own personal Challenges.

Science Shows Body-*for*-LIFE Works

For more than 10 years, millions of people have proven with their real-life transformations that Body-*for*-LIFE works. Now science shows it works, too! In a clinical study of overweight men and women, the people who followed Body-*for*-LIFE:

- *Lost approximately twice as much body and belly fat as the control group and moderate exercise higher-carb group*
- Decreased body fat by 21 percent on average
- Decreased body weight by 11 pounds on average
- Decreased belly fat by 26 percent on average

Champions Body-for-LIFE is for everyone—whether you're starting your first Body-*for*-LIFE Challenge or your fourth.

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