

## **It's All About Weight Loss & Body Toning**

*...How to lose weight and tone the body naturally and for life. Our mission is to recognize and exceed the expectations of our customers as the foremost authority on training all people at all skill levels. By ... ET Training Systems*

**Jan. 5, 2009** - [PRL](#) -- Losing weight and body toning are desired by millions of people around the world.

This program is designed especially for those individuals. It combines a step by step weight loss program with a Strength and Conditioning process that will leave you with the more slender and toned figure you desire

Our step by step process, called, "It's All About Weight Loss & Body Toning", allows you to easily shed pounds without drastically changing your eating style. Instead of special dieting (such as formulas, foreign foods, pills, powders), this program shows individuals how to enjoy their eating lifestyle by understanding what is required to lose weight or maintain weight that has already been lost, while building a healthy body.

Our process covers a multitude of procedures, including: how and when to colon cleanse, improving you digestive system's waste elimination process, how to maintain your weight for your particular diet type, how to tone the body, understanding the role of metabolism, understanding the role of bowel movements, how to exercise using the power of walking, how to handle falling off the wagon, how to break weight loss plateau, how to obtain a flat stomach, and more.

The keys to our weight loss program are to optimize colon cleansing, maximize waste elimination and condition muscles.

Our process is enjoyable, works for anyone (with the exception of those with certain medical conditions) and more importantly, it will help you to live a healthier life.

For a complete demonstration, go to our web-site: <http://ettrainingsystems.com>.

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Welcome to ET Training Systems, home of the dForce Trainer training aids. Our products are use for developing high performance sports-specific muscles.

... We transform the ordinary athlete into the extraordinary athlete,

... the extraordinary athlete into the elite athlete, and

... the elite athlete into the best they can be.

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City/Town	Royal Oak
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Country	United States
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