



## Fat Kid Got Fit: And So Can You!

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When Bill Baroni was just twenty years old, he was convinced he was dying. He thought he was having a heart attack because it felt like he had an elephant sitting on his chest. It turned out to be only indigestion, but more than that, it was the wake up call he needed to save his life. Bill weighed 320 pounds and was hooked on junk food. He set about to change his life forever, and now, in *Fat Kid Gets Fit*, he tells you everything you need to know to lose weight and more importantly, keep it off for the rest of your life.

No, he's not a doctor. Not a trainer. Not a salesman hawking gym equipment, vitamin supplements, or workout videos. He did not have gastric bypass surgery and he didn't subscribe to the slimming grapefruit enema regimes used by Hollywood stars. He lost his weight using common sense. It took dedication, and even some gumption. But it worked! He lost 120 pounds and, more importantly, he has kept it off! He has maintained a healthy 185 pounds for fifteen years. At 6'5", he is trim, handsome, and healthy.

Bill is a man on a mission—to help get everyone fit, no matter what their story is.

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