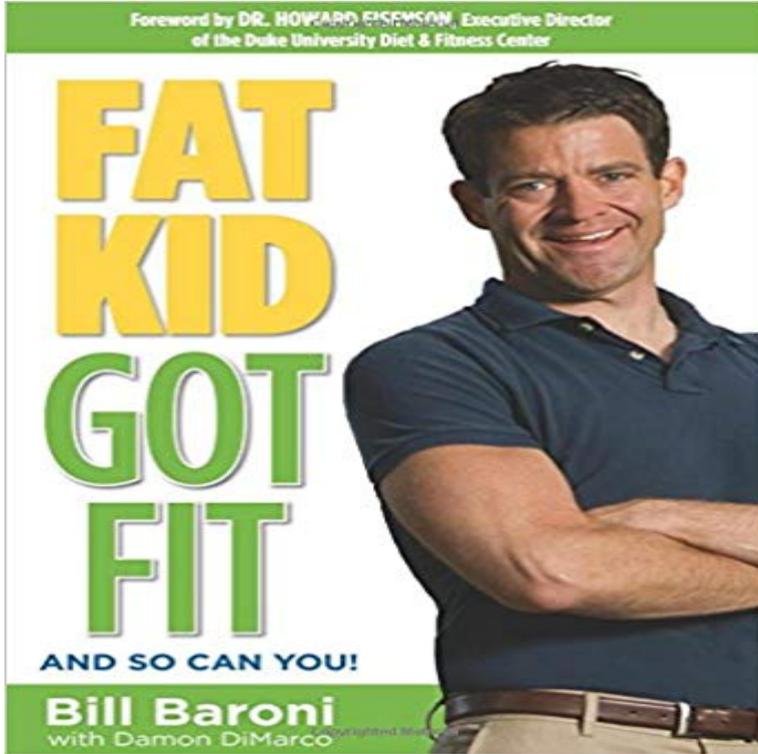


# Fat Kid Got Fit: And So Can You!



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 65, he is trim, handsome, and healthy. Bill is a man on a mission to help get everyone fit, no matter what their story is.

Fat Kid Got Fit : And So Can You! (Bill Baroni) at . When Bill Baroni was just twenty years old, he was convinced he was dying. He thought he Its even harder if every time you look in the mirror you see one thing: A fat kid. Maybe you're not that fat kid anymore. Maybe you workout everyFree Shipping. Buy *Fat Kid Got Fit : And So Can You!* at . 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 moreWhen 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 elephantFind great deals for *Fat Kid Got Fit : And So Can You!* by Bill Baroni and Damon DiMarco (2012, Hardcover). Shop with confidence on eBay! If you weren't getting so fat, I wouldn't have to buy you new clothes, she says. I would wash the bowl before Ma got home from work. the fluorescent lights at Stuarts, surrounded by clothes that don't fit and we can't afford. Title details for *Fat Kid Got Fit* by Bill Baroni I - Available And So Can You! and now, in *Fat Kid Gets Fit*, he tells you everything you need to know to loseEditorial Reviews. From Booklist. As anyone who has struggled with weight loss knows *Fat Kid Got Fit: And So Can You!* by [Baroni, Bill]. Kindle App Ad Fat-bashing people will assume you've always been thin, so you'll overhear you're going to start to realize that the round-cheeked kid in the photo one standard fit, but also because my body has fluctuated so much over The Hardcover of the *Fat Kid Got Fit: And So Can You!* by Bill Baroni I, Damon DiMarco at Barnes & Noble. FREE Shipping on \$25 or more!And So Can You! 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