

How I lost 2 stone in 5 months...: ...and did not put it back on again

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Kara at 13 stone My go-to snacks became unsalted nuts and carrot, celery and cucumber sticks. After a week, Id lost 5lb. It spurred me on. Hi..I m 32 yrs old..I have been trying to loose weight..I had lost 8 kgs 6 months back but have regained it hecfran-modelismo.com weight was and I started working out early in the hecfran-modelismo.comd with brisk walk for 45 min and I lost 2 Kgs in just 2 hecfran-modelismo.com happy with the progress I made..i continued with my walk but now I m stuck at 76 hecfran-modelismo.com

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