

The One Hour Weight Gain Plan

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Spare a thought for those poor skinny, thin and fed up people who just want to put on some weight or fill out. Until now it has been very difficult to find information on simply gaining weight without building muscles in the gym.

In, what is very much a male dominated industry; there has been a real shortage of information for those wanting to gain weight through simple changes in their diet. Whether surfing the Internet, visiting health food shop or the gym the industry assumption seems to be that the only way to put on weight is by weight training and building muscles.

There are however very many "skinny" people desperate to put on weight by filling out a bit. They don't especially want to build muscles; they just want to be able to visit the beach or swimming people without being stared at.

Sally had always been underweight and her comments were not unique "As a busy mum I just don't have the time to go to the gym, remembering to eat is hard enough!

Similarly Andy was simply to embarrassed to go to the gym but desperately needed to put on weight "It was absolutely essential to put on weight (I am hoping to join the police force) but nothing seemed to work and time was running out."

It is for the likes of Sally and Andy that the Cambridge Weight Gain Centre has launched a step by step manual on it's dedicated website.

There are many weight gain books and drinks aimed at body builders but this manual is unique in focussing purely on those wanting to gain weight all over. It contain practical advice on exactly how to work out how many calories are needed to put on weight, how to make certain

The manual, available from <http://www.gainingweight.co.uk>, provides detailed information on how to put on weight using readily available foods - which will also help your general health. But in particular it claims that anyone will be able to use the information and develop an individual weight gain plan within an hour.

Contact Information

For more information contact Andy Simms of Cambridge Weight Gain Centre
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Keywords

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