

Harvard Research Concludes that Calorie Reduction the Key to Lose Weight as Reflected in the Better Fitness Weight Loss Program

Better Fitness, a full serviced weight loss and diet plan, available online, is a precise reflection of the latest significant research on how to lose weight. The Harvard School of Public Health has conducted a clinical trial with overweight participants, assigned to diets mirrored by Better Fitness, over a two-year period. This long-term study enabled hundreds to lose weight online and keep it off.

June 25, 2009 (FPRC) -- Auckland, NZ. -- Secrets to Lose Weight Revealed is a blog recently released by Andrew Forster, who lost 28 pounds with Better Fitness. He is one of thousands who has lost weight online through calorie reduction endorsed by Harvard Weight Loss Research. Better Fitness Review is a blog that contains important information about Better Fitness and how it reflects the research. Physicians, Dietitians and adults will find professional solutions on how to focus weight loss approaches on reducing calorie intake.

The research was funded by the National Institute of Health and is published in the February 26, 2009 edition of The New England Journal of Medicine. Dr Frank Sacks, Professor of Cardiovascular Disease Prevention at Harvard School of Public Health was the lead author of the study. The New England Journal of Medicine issue includes a commentary on the researches findings.

A comprehensive weight loss and diet program, Better Fitness recommends calorie reduction through diet and exercise to lose weight. 811 Participants achieved significant weight loss creating a calorie deficit in their diet during the research. Thousands have lost weight online employing this method with Better Fitness.

Last year, thousands of people joined Better Fitness. They have been able to lose weight at a rate of 2 to 20 pounds a month. Men are losing weight from their chests and stomachs, and women from the hips, thighs, stomach and arms. Because Better Fitness is a lifetime diet and exercise weight loss plan they are keeping it off.

The Better Fitness Review blog contains detailed information about the research and Better Fitness. The blog is frequently updated by Andrew Forster, a promoter of the research, advocate for weight loss, and a lot lighter thanks to Better Fitness.

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