

The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



_____’s Menu of Activities

If you have 2 minutes...

- 1.
- 2.
- 3.

If you have 10 minutes...

- 1.
- 2.
- 3.

If you have ½ hour...

- 1.
- 2.
- 3.

If you have 1 hour...

- 1.
- 2.
- 3.

If you have several hours or ½ day...

- 1.
- 2.
- 3.

If you have a day...

- 1.
- 2.
- 3.