



# How Big Girls Get Fit: A Beginner's Guide To Getting Started With Weight Loss

*Ashley Romano*

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## **How Big Girls Get Fit: A Beginner's Guide To Getting Started With Weight Loss** Ashley Romano

How Big Girls Get Fit is a no nonsense, beginner's guide to getting started with weight loss, as told by a former big girl who's done it. After 23 years of living as a morbidly obese woman, Ashley Romano (the woman behind BigGirlFitGirl.com) decided to take control of her life and her health by losing 50% of her body weight. In this eBook she shares tips, tricks, and advice gathered in her personal experiences on this journey.

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