



[Famlynnet International Homeschooling Resources](#) :: Your Favorite Site

Ultimate Women's Expo

<http://www.homeschoolfitnesscoach.com/blog/ultimate-womens-expo/>

I just finished two seminars on the Ultimate Women's Expo where I covered the Truth About Fitness and Diets Make You fat. The theme of the expo is New Year/New You. I think fitness and dieting fit in there pretty well. It was awesome to be invited onto the show. They have plenty more shows coming up that will encourage and uplift you. I don't know how many women were actually on the radio show, but it sure felt good to speak the true, hard facts about fat loss without all the fluff that is so common in the media today. If you still think you can lose body fat by vacuuming and parking further away from the doors of the supermarket, you definitely need to listen to this call. If you missed the live taping, you can purchase a ticket to the expo and get the recordings, as well as, all the free gifts I am giving away. If you were on the show, please give me your feedback, questions or comments regarding the seminars. I'd love to hear your thoughts. Post from: Homeschool Fitness Coach

Date created: 2009/01/17