

“LOSE WEIGHT LIKE A GUY” LOCAL FITNESS PRO HELPS CONNECTICUT GALS ACHIEVE WEIGHT LOSS GOALS

Milford CT, March 30, 2012 — Linda Gottlieb, Master Fitness Motivator and owner of FIT Training, today announced the “**Lose Weight Like a Guy**” Road Tour, bringing male centric weight loss secrets to Connecticut women. Kicked off in February at the Fairfield Public Library, Lose Weight Like a Guy focuses on seven major differences in the way women and men approach weight loss, along with the physiological reasons behind most women’s dieting struggles.

Women may think they have cornered the market on weight loss tips and tricks, but men have very real physiological advantages. In a way, men are born losers- of pounds that is. Men’s muscle mass, interest in strength training along with their lack of monthly hormonal spikes make it easier for men to whittle their middle and dump the junk in their trunk.

Linda says “I’m thrilled to hit the road with these male weight loss secrets and share them with women throughout the area so they can get the results they seek.”

Dawn LaValle, Assistant Director for Administrative Services at the Fairfield Public Library, comments “Linda is a welcomed presenter because she always cuts through misinformation and misconceptions. This program is another example of her ability to share solid, “fit” advice” always with a sense of humor!”

Jane Siefert, recent seminar attendee and Library staff member adds “In **Lose Weight Like a Guy**, Linda shared the 80/20 rule. It really spoke to me, reminding me it’s OK not to be perfect all the time- guys don’t expect to be, why should I? I realized it made so much sense and is very doable.”

Gottlieb will be on the road with **Lose Weight Like a Guy** Tour with an encore summer presentation at the Fairfield Public Library and to the Milford, Shelton and Woodbridge Adult Education programs this fall.

For more information about this, other public sessions or corporate lunch and learn topics, contact Linda at (203) 877-5270 or Linda@FitTraining.net

About FIT Training

Setting new trends in training and motivation, personal trainer, cancer exercise trainer, wellness educator and active lifestyle coach, Linda Gottlieb has an extensive career in the fitness industry. A popular speaker with a humorous presentation style and the author of No Ifs Ands or Butts, Turning Your Top Ten Exercise Excuses into Fitness Triumphs, Linda helps people get fit and stay that way. www.FITTraining.net

