



# Fat Bob Slim: How to Lose Weight & Slash Your Blood Pressure

*Bobby Livingston*

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## **Fat Bob Slim: How to Lose Weight & Slash Your Blood Pressure** Bobby Livingston

Fat Bob Slim is for men and women who want to lose weight and keep it off. Many overweight people are unaware they have high blood pressure. High blood pressure is known as the "silent killer". This book shows you how to lose weight and slash your blood pressure. The Fat Bob Slim regime consists of four key elements: diet modification, fasting, exercise, and managing stress levels. Bobby Livingston is Fat Bob Slim. At the beginning of 2014 he was a Fat Bob on the cusp of being clinically obese. Unbeknown to him his blood pressure was dangerously high and rising. Today, thanks to daily walking, twice weekly fasting, eating lots more vegetables and slow yoga breathing, his blood pressure and weight are normal. He is now officially a Slim Bob.

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