

## WEIGHT LOSS LECTURE

*Cedar Park, TX – June 13, 2009*

**For Immediate Release:** Cedar Park, TX (June 13, 2009) - Summer is here and there has never been a better time to lose weight and get in shape! If you are tired of the dieting “roller coaster” and you are looking for simple and effective weight loss tips, then save the date of Tuesday, June 23rd on your calendar. At 6:30 pm Dr. Thomas Bynes, of Fit 4 Life Wellness Center, will present a free, dynamic 30 minute talk called “Conquer Weight Loss: Tips You Can Use...Spare Pounds You Will Lose!”

Did you know that since 1980, the obesity rate has quadrupled for a large percentage of children? Additionally, according to the Centers for Disease Control, a whopping 66% of American adults are considered overweight or obese. It doesn't have to be this way, but many people are confused, misinformed, and simply unsure of what to do when it comes to losing weight.

“Conquer Weight Loss” will explain why it is so easy to re-gain weight after your diet ends, and how to fight this frustrating problem. You will also learn simple ways to boost your metabolism for powerful fat-busting results, as well as how to stay in the “Fat Burning Zone” whenever you exercise.

During a recent interview on the “Ask Dr. DeSilva” radio show, Dr. Bynes outlined several scientifically proven weight loss methods for people of all ages and fitness levels. Now is your chance to see firsthand the proven tips for finally shedding those unwanted pounds so that you can look and feel better as soon as possible.

As a bonus, there will be organic, dark chocolate dipped strawberries, raffle prizes, and a grand prize, one-of-a-kind autographed copy of the movie “Hairspray,” signed by actress Amanda Bynes (Dr. Bynes’ younger sister). Seating is limited, so please RSVP to reserve your spot. For more information, please visit [www.Fit4LifeCenter.com](http://www.Fit4LifeCenter.com) or call Dottie at 512-250-8118.

*Cedar Park Chiropractor, Dr. Thomas Bynes has over 11 years of clinical experience in providing gentle Chiropractic care, Trigger Point muscle pain relief, nutritional counseling, dieting advice, and exercise training. In 2009, Dr. Bynes published the detailed weight loss and wellness book “Sinner to Thinner,” a one-stop resource for healthy living, available at Amazon.com.*

*Dr. Bynes specializes in light, non-force muscle and tendon treatments, which are wonderful for kids with pain and women with pregnancy pain. Each week at The Crossings Wellness Spa in Austin, Dr. Bynes presents a nutrition and weight loss lecture, as well as bi-weekly lectures at Fit 4 Life Wellness Center. For more information, or if you are trying to find a Chiropractor in Cedar Park, please visit www.Fit4LifeCenter.com or call 512-250-8118.*