



## Weight Loss Before and After Pics

Women face their own physical challenges when trying to lose weight — and then factors like age, family obligations and everyday stressors can all come into play, as well. But women are strong and resilient, too, which means these obstacles are no match for a woman who's set on overcoming them.

Those qualities are definitely on display in these weight-loss success stories — from Rachel Nipper, who lost 70 pounds at age 49, to Rachel Sharp, who credits her incredible 108-pound

weight loss to alternate-day fasting — and show what women can achieve when they set goals and stick with them.

## **Click - The Secrets to Ultimate Weight Loss**

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