

## **Ideas for language for Front Side of Business Cards**

1. Ultimate Fat Loss Secret
2. Lean Machine...Your Choice!  
Find Out How...
3. Fat Burning Strategy For Life
4. From Chubette To Lean...
5. That's Me And Can Be You!
6. Body for Life Coach
7. Fat Loss 4 Idiots...  
I Am A Convert!
8. Healthy Fat Loss  
A New Technology
9. Plump Is Out Of Date In 2008
10. Thin Is Divine In 2009
11. New Year, New Body  
Find Out How...
12. Total Fitness
13. What Have You Got To Lose

## **Ideas of Quotes for Back Side of Business Cards**

1. Don't dig your grave with your own knife and fork. ~English Proverb
2. Your stomach shouldn't be a waist basket. ~Author Unknown
3. A diet is the penalty we pay for exceeding the feed limit. ~Author Unknown
4. One should eat to live, not live to eat. ~Cicero, *Rhetoricorum LV*
5. The one way to get thin is to re-establish a purpose in life. ~Cyril Connolly, *The Unquiet Grave*
6. The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends. ~Author Unknown
7. Stressed spelled backwards is desserts. Coincidence? I think not! ~Author Unknown
8. If hunger is not the problem, then eating is not the solution. ~Author Unknown
9. Nothing tastes as good as being thin feels. ~Author Unknown
10. Life itself is the proper binge. ~Julia Child
11. Blessed are those who hunger and thirst, for they are sticking to their diets. ~Author Unknown
12. Dieting is wishful shrinking. ~Author Unknown
13. Bigger snacks mean bigger slacks. ~Author Unknown
14. I'm allergic to food. Every time I eat it breaks out into fat. ~Jennifer Greene Duncan
15. I have gained and lost the same ten pounds so many times over and over again my cellulite must have déjà vu. ~Jane Wagner
16. To lengthen your life, shorten your meals. ~Proverb
17. Dieting is not a piece of cake. ~Author Unknown
18. The commonest form of malnutrition in the western world is obesity. ~Mervyn Deitel
19. In general, mankind, since the improvement of cookery, eats twice as much as nature requires.  
~Benjamin Franklin
20. History is apt to judge harshly those who sacrifice tomorrow for today. ~Harold MacMillan
21. My doctor told me to stop having intimate dinners for four. Unless there are three other people.  
~Orson Welles
22. Fat is not a moral problem. It's an oral problem. ~Jane Thomas Noland