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## **Fit 4 Ever: Boost Your Metabolism**

Take a look at virtually every magazine cover, and you will find the phrase “Boost your metabolism!” Having a slow metabolism is an often-used excuse when we describe our struggles to lose weight. The truth is that we all have a different rate at which we burn calories, but we also have a variety of solutions to the “slow metabolism syndrome.”

### **Bible Reference:**

Proverbs 3



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