



# Why Kids Make You Fat: ...and How to Get Your Body Back

*Mark Macdonald*

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It's no secret that most of us get flabbier the older we get, and it's no surprise that the biggest spike in weight happens in the early stages of parenthood. Mark Macdonald knows the struggle himself, having gained thirty-five pounds after the birth of his son. It happened to him even as a nutritionist and former fitness model, so he knew he wasn't alone in the struggle. Along with his wife, Abbi, Mark has created this proven eight-week program specifically geared toward parents to help them shed the weight, discover new amounts of energy, and most importantly, create new sustainable habits to keep it from coming back.

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