

Fit Is Simply Not Enough If You Are Fat Posted By : Ng Peng Hock

Contributed by GKA News Editor
Tuesday, 17 October 2006

Being fit but fat is simply not good enough. Excess weight can take years off your life, even if you get plenty of exercise. Being fit but fat is simply not good enough. Excess weight can take years off your life, even if you get plenty of exercise. Read more: <http://www.articlesphere.com/Article/Fit-Is-Simply-Not-Enough-If-You-Are-Fat/54797>.