



Newly Launched Skinny Fiber Reviews Website, Offers Insights Into Fitness Plans

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The Skinny Health Network recently launched their new website, which provides reviews on various fitness programs. The Skinny Fiber Reviews website offers insights into Skinny Fiber, and explains the perks from a first person account of the program.

Jennifer Marie, site owner of <http://skinnyfiberreviews.net/>, states that she began the site in order to give others first-hand information about Skinny Fiber. She states, "I started this site after losing more than 40 pounds on the Skinny Fiber program."

Jennifer goes on to say that she struggled with her weight for years, until she found the program that she is now offering an unbiased review of. "I wanted other people to know that it works, as long as you follow the program correctly and have the motivation that you need in order to get fit and live a much healthier lifestyle."

The site offers information about the Skinny Fiber program in general, including diet and exercise segments that work with Skinny Fiber for best results. Jennifer also provides a cost analysis, as well as potential side effects, and generally all information about the program from her own personal point of view. She provides a

list of ingredients and information about where and how the program began. A review of the 21 Day Fix and the 21 Day Fix Extreme programs is also available at <http://skinnyfiberreviews.net/21-day-fix-extreme/>.

An overall explanation of the program is provided as well as diet tips and advice for those who are searching for the right fitness program to meet their specific needs. The site also offers ordering information and gives menu plans, as well as general posts for overall fitness and healthier living. Jennifer chronicles her process of getting fit with updated posts, and offers advice for others about adding fiber to daily diets, researching other fitness plans, and different types of exercises for the best fitness results.

"I just really want to let people know that they're not alone. I've been there," states Jennifer. "I asked all the questions, figured everything out and now I'm offering everything I've learned for others so they don't have to go through all of the research. It's already done for them."

More about Skinny Fiber, including precisely how the program works, can be seen at <http://skinnyfiberreviews.net/hcg-diet-drops-and-protocol-menu-plan/>.

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For more information about The Skinny Health Network, contact the company here: [The Skinny Health NetworkJennifer Mariejenthompson@hotmail.es](mailto:TheSkinnyHealthNetworkJenniferMariejenthompson@hotmail.es)

The Skinny Health Network

The Skinny Health Network focuses on educating women and men how to live healthy lifestyles by maintaining a healthy diet, exercising regularly and following other tips and tricks for optimal health.

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