



# Buff Dad: The 4-Week Fitness Game Plan for Real Guys

*Mike Levinson, Michelle Ponto*

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Before: From Puffy Dad After: To Buff Daddy

Your Saturday workouts at the gym have been replaced by Saturday Little League games; your morning run has become running out the door to make the daycare drop-off; and your romantic (and healthy) sushi night has become family pizza with a side of crayons. While being a dad changes your life for the better in so many ways, it can also be detrimental to your waistline...and your overall health.

Enter Mike Levinson, a nutritionist and trainer to many star athletes, who put on fifty pounds after his wife had their first child. Taking his years of experience?from inside training camps and test kitchens?he developed the Buff Dad Program, transforming his middle-age spread to six-pack abs and helping many other dads like him lose weight, tone up, and improve their health and energy levels?usually in less than 28 days.

In this, the first program tailored with dads in mind, Levinson gives men the four-week game plan to get it done. The secret? Testosterone, a key fuel that boosts your body's ability to lose weight and build muscle naturally, yet something that is woefully deficient in most men's diets today. The Buff Dad program shows you how to incorporate testosterone 'powerfoods' into your meals to help you take the weight off. By combining this tasty and realistic nutritional plan with the Buff Dad Workout Blitz--targeted exercises just three times a week--you will be on your way to being the Buff Dad you want to be, and your family needs you to be.

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