

Though she's a software programmer, Clarice has written various articles on several fitness issues such as ways to correctly make use of most of the best [quick weight loss diets](#). She developed a strong penchant for fitness related subjects after battling unhealthy weight and shedding around 127 pounds of body fat. She's blessed with a wonderful family of 4 and they live in Lisieux, France. [Click here for info](#) about her articles and reports.

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