











FitClub



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-234345-z>

Fitclub Group Meetings This isn't just about loosing weight or gaining muscle, this is about the bigger picture.  
We're here to help you become healthier, make better choices and become the best version of yourself. Join a local fitclub meeting for guidance from a Herbalife Coach who has lived the plan and had first hand results.  
We'll help you to drop those pounds and reach your goals.  
We'll help you to make healthier and smarter food choices, without missing out on your favourite foods. Find expert guidance and support at your local FitClub Group. We'd love to meet you!  
With inspiration, encouragement and motivation from local members, plus tips and advice from your Herbalife Coach who's been there, becoming the best version of yourself couldn't be simpler! Feeling overwhelmed, nervous or just unsure? Don't worry, chances are the members in your weekly meeting are in the exact same place or have been in the exact same place as yourself too. They'll be there to help support and encourage you on your journey so you can support one another and celebrate those victories along the way together - big or small!! No one likes the weigh-in part, but it'll give you a clear picture of where you're at to get to your overall goal.  
Remember, it's not how far you've got left to go it's about the journey along the way.  
Your results are confidential and private and your Herbalife Coach will be with you every step of the way to offer you and your group support and advice if your finding it difficult. In the group meetings, we will be covering topics so you can enhance your own knowledge!  
Just a few sample topics you'll be learning about;

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