

# Herbalife Health amp Wellness Coaches



Location

West Midlands, West Midlands

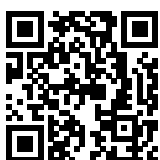
<https://www.freeadsz.co.uk/x-294746-z>



We are providing free wellness evaluations that enable people to find out more about their own health and fitness status. We aim to educate and inform people on how they can achieve a healthier lifestyles and do this by setting real wellness goals. Currently, we have 3 or 6 day nutritional option that allow clients to trial the small changes needed to make to achieve their personal wellness goals.

Our free wellness evaluation focuses on your overall health not just your weight and aims to educate people about the importance of a healthy lifestyle, our coaches can help no matter how big or small the challenges; whether it is as simple as skipping breakfast (the most important meal of the day) or to prevent diabetes, obesity, high blood pressure, kidney disease and high cholesterol – we are on hand to help achieve a more healthy being. We assess your Weight, Body Fat, Muscle Mass, Body Water, Physique Rating, Basal Metabolic Rate, Metabolic Age, Bone Mass and Visceral Fat – allowing us to assess your overall wellbeing and plan your wellness goals.

We already have an amazing and inspirational community of happy healthy people on the same journey! To join our free fit club and receive your free gym memberships at our wellness centre – contact us today 07977 878495 [email protected];



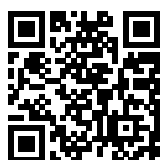
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