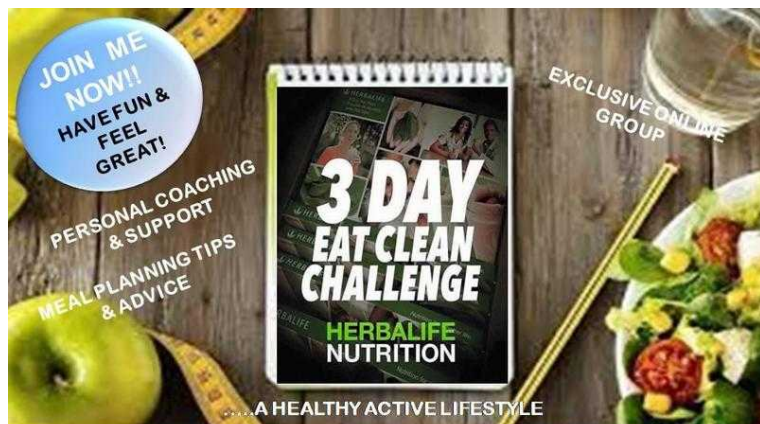


# CAN YOU LOSE WEIGHT amp GET IN SHAPE YES try our 3 or 5 Day Challenge to see



## STARTS EVERY MONDAY & THURSDAY

Great Way to start Losing Weight & Feel Energised  
Want to join our next challenge?  
TEXT \*3DECC\* TO 07564 219189

Location

Yorkshire and the Humber, West Yorkshire

<https://www.freeadsz.co.uk/x-346573-z>



Would you like to lose weight, reduce body fat, increase your energy and drop some centimetres??

YES!! Then our 3 Day Eat Clean Challenge could be right for you. Would you like to reduce some body fat, increase your energy and drop some centimetres??

YES!! Then our 5 Day Eat Clean Challenge could be right for you. You will receive

- Body Composition Analysis at the start and end of the challenge

- Support and guidance

- Meal planning: snacks and main meals

- Exercise tips INTERESTED IN GETTING GOING. BOOK NOW ON OUR NEXT CHALLENGE 07564

219189 07564 2191...(click to reveal full phone number) Costs less than a take-out to take part. PS: I

have personally have been using these products for 13 years, and absolutely love how they help me feel energised and healthy. I used to be low in energy, eat junk food, skip meals and rarely exercised - BUT

NOW I am always energised, eat a healthy balanced diet (5-6 small meals a day) and run a Shape Up

Together Fitcamp where we offer exercises to suit a variety of people. LOVE what I do and helping others achieve their goals is a great bonus



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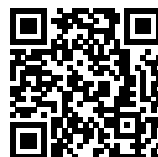
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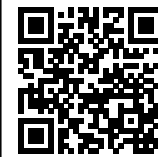
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