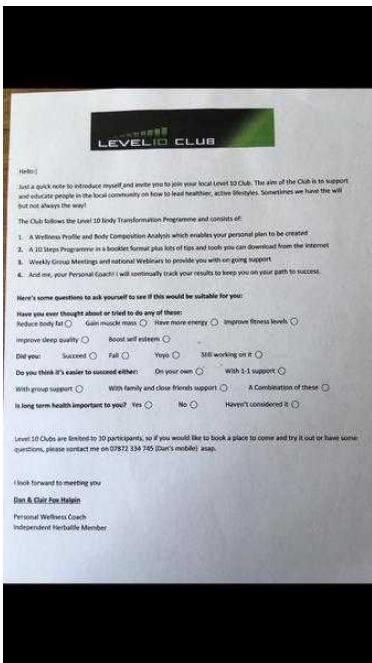


# Level 10 club



Location

North, South Wirral

<https://www.freeadsz.co.uk/x-354189-z>


Hello, just a quick note to introduce myself and invite you to join your local Level 10 Club. The aim of the club is to support and educate people in the local community on how to lead healthier, active lifestyles. Sometimes we have the will but not always the way ! the club consists of: 1- A wellness profile and body composition analysis which enables your personal plan to be created 2- A 10 steps programme in a booklet format plus lots of tips and tools you can download from the internet 3- Weekly Group Meetings and national Webinars to provide you with ongoing support 4- And me, your Personal Coach ! I will continually track your results to keep you on your path to success

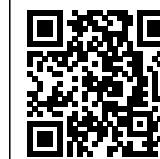
Here's some questions to ask yourself to see if this would be suitable for you:

Have you ever thought about or tried to do any of these:  
 Reduce body fat  Gain muscle mass  Have more energy  Improve fitness levels  
 Improve sleep quality  Boost self esteem  
 Did you: Succeeded  Failed  Trying  Still working on it  
 Do you think it's easier to succeed either: On your own  With 3-5 support  
 With group support  With family and close friends support  A combination of these  
 Is long term health important to you? Yes  No  Haven't considered it

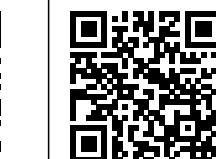
Level 10 Clubs are limited to 10 participants, so if you would like to book a place to come and try it out or have some questions, please contact me on 07872 334 745 (Dan's mobile) asap.

I look forward to meeting you  
 Dan & Clair Fox Halpin  
 Personal Wellness Coach  
 Independent Herbalife Member

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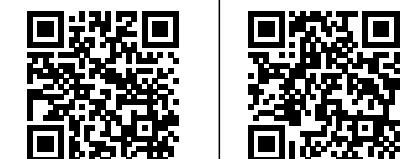
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