

# Exercise and nutrition seminar



Location

Northern Ireland, County Durham

<https://www.freeadsz.co.uk/x-360702-z>



The fee for this seminar is £50 and it will last approximately 2-3 hours. It is held at the Marriot hotel Sunderland on 16 June 2016 at 6 PM. Reservations for your seats must be made ASAP as there is only 60 spaces available and my last two events sold out very quickly in. Payment is due upon reservation and this can be done via bank transfer, ping it or PayPal. Please specify which is easier for you when you get in touch. This exercise and nutrition seminar is perfect for anyone wanting to learn how to gain the most from limited exercise to benefit yourself and how to understand your nutrition to get the body and the look you desire, while still enjoying the food you love. Throughout this seminar I will be teaching you the importance of exercise and nutrition but more importantly how to do it yourself without to the expensive need of a gym membership or a personal trainer. This will literally save you hundreds of pounds! You will receive the following absolutely FREE - FREE Exercise workouts to do at home or in your garden FREE Nutritional information and foods to buy FREE Group boot camp OR FREE 30 minute training session each A better understanding of Exercise and Nutrition Q&A with an exercise and nutritional expert FREE Power point presentation to refer back too This seminar will literally save you hundreds of pounds and will be the change that your life needs, after this you will feel focused refreshed and revitalised ready to hit your new nutrition and exercise programs, and all just in time for your summer holidays!! Don't delay RESERVE YOUR SPACE TODAY!!!! Let me help you change your life forever, for the better! ;



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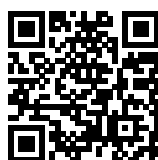
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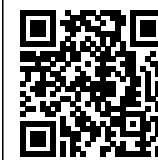
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