

6 WEEK 039SLIM FOR SANTA039 CHALLENGE (1 GBP)



SHAPE UP TOGETHER 24 FIT

6 WEEK SLIM FOR SANTA

EVERYONE TAKING PART RECEIVES:

- ❖ **Daily Exercise Options**
(WalkFIT, BodyFIT and Exercise Online to join in with)
- ❖ **Weekly Nutrition / Health Eating Advice**
- ❖ **Personalised Meal Plan**
(includes 3 or 6 Day Nutrition Trial – dependent on goals)
- ❖ **Weekly monitoring of your progress**
(Diet & Body Composition analysis at start, then monitored every week throughout)
- ❖ **1:1 and Online Support to get Amazing Results**
(<http://www.herbalifeactive.co.uk/jaynerayner>)

Designed to increase your Health & Fitness to become the best version of you.

JUST £20 TO TAKE PART

REWARDS FOR BEST RESULTS

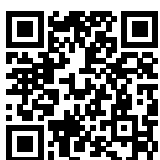
STARTS WEDNESDAY 2 NOVEMBER 2016

CALL JAYNE TO JOIN IN: 07564 219189

Location **Yorkshire and the Humber, West Yorkshire**
<https://www.freeadsz.co.uk/x-461188-z>

Are you looking for a Fun, Cost Effective way to get in the Best Shape of your Life?? Shape up Together 24FIT has 2 options: Option 1: Fitness & Nutrition: We meet every Wednesday 6.00 - 7.00. You will receive a great work-out and nutrition advice to help you get in the great shape Option 2: WalkFit: We meet every Monday, Wednesday and Friday @ 9.30am for a brisk 5k walk. Nutrition advice also available as we walk. THE GREAT THING IS, BOTH OPTIONS:

- Are open to ALL ages and abilities
- Children are welcome (as long as supervised by their adult)
- FREE Wellness Profile for all participants
- Weekly progress catch-up
- Weekly Nutrition Talk/Chat
- Useful tips and advice in our secret facebook group (where all participants are added)
- ENTRY into our 6 weekly Body Challenge. Where the most improved wins a prize INTERESTED!! GET IN TOUCH AND SECURE YOUR PLACE (see pictures for booking details) (You can find us on Facebook: shapeuptogether24FIT) ;



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