

## 6 WEEK 039SLIM FOR SANTA039 CHALLENGE (1 GBP)

A promotional flyer for a 6-week slimming program. The top left features a green circle with the text 'SHAPE UP TOGETHER 24 FIT'. The top right is a green box with the text '6 WEEK SLIM FOR SANTA'. Below these, the text 'EVERYONE TAKING PART RECEIVES:' is followed by a list of benefits: '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), and '1:1 and Online Support to get Amazing Results'. Below this list is a URL: '(http://www.herbalifeactive.co.uk/jaynerayner)'. The bottom section features two green starburst shapes: one on the left with the text 'JUST £20 TO TAKE PART' and one on the right with 'REWARDS FOR BEST RESULTS'. The bottom right corner contains the text 'STARTS WEDNESDAY 2 NOVEMBER 2016'.

## Location

## **Yorkshire and the Humber, West Yorkshire**

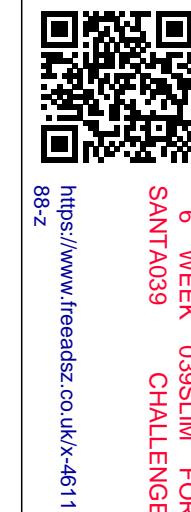
<https://www.freeadsz.co.uk/x-461188-z>

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:

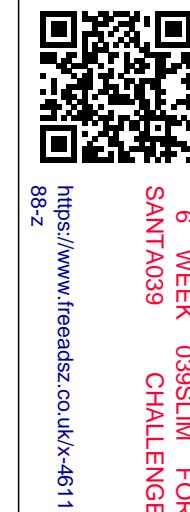
- Are open to ALL ages and abilities
- Children are welcome (as long as supervised by their adult)
- FREE Wellness Profile for all participants
- Weekly progress catch-up
- Weekly Nutrition Talk/Chat
- Useful tips and advise in our secret facebook group (where all participants are added)
- ENTRY into 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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