

# Free Clean Eating Group (10000 GBP)



Location

Wales, West Glamorgan

<https://www.freeadsz.co.uk/x-540553-z>



Are you interested in becoming healthier? You know you want change but don't know where to start? Or have you lost weight but just gone back to the unhealthy lifestyle that you have always known? Or you are struggling to go the gym. Well this opportunity is for you.

I am qualified in Health and i am currently being trained as an online Fitness Coach and Mentor in nutrition. I am also undertaking my Personal Training qualification and can help you get more active.

As part of my course I am looking to help and support individuals who are looking to lose weight, tone up and transform their daily lives. So for FREE i will be hosting an online 5 day clean eating challenge starting monday 8th August. So this gives you plenty of time to get your shopping in by the end of next week ready to start. I will be doing this challenge and you can also seek out and get motivated from others doing the challenge



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