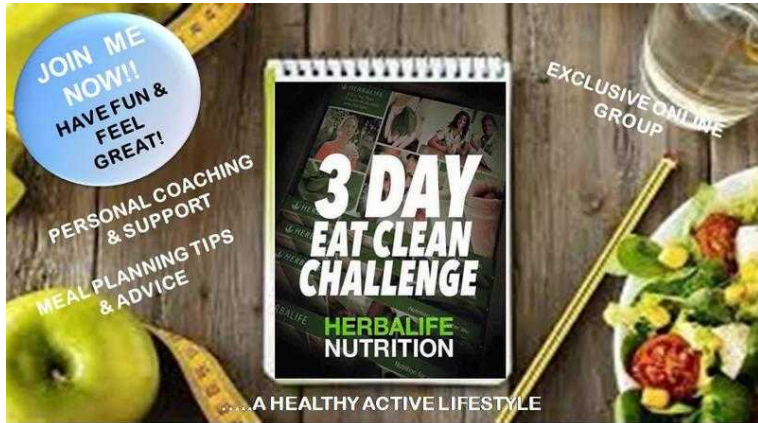


CAN YOU LOSE WEIGHT amp GET IN SHAPE YES try our 3 or 5 Day Challenge to see



STARTS EVERY MONDAY & THURSDAY

Great Way to start Losing Weight & Feel Energised
 Want to join our next challenge?
 TEXT *3DECC* TO 07564 219189

Location **Yorkshire and the Humber, West Yorkshire**
<https://www.freeadsz.co.uk/x-346573-z>

Would you like to lose weight, reduce body fat, increase your energy and drop some centimetres??
 YES!! Then our 3 Day Eat Clean Challenge could be right for you. Would you like to reduce some body fat, increase your energy and drop some centimetres??

YES!! Then our 5 Day Eat Clean Challenge could be right for you. You will receive

- Body Composition Analysis at the start and end of the challenge
- Support and guidance
- Meal planning: snacks and main meals

- Exercise tips INTERESTED IN GETTING GOING. BOOK NOW ON OUR NEXT CHALLENGE 07564 219189 07564 2191...(click to reveal full phone number) Costs less than a take-out to take part. PS: I have personally have been using these products for 13 years, and absolutely love how they help me feel energised and healthy. I used to be low in energy, eat junk food, skip meals and rarely exercised - BUT NOW I am always energised, eat a healthy balanced diet (5-6 small meals a day) and run a Shape Up Together Fitcamp where we offer exercises to suit a variety of people. LOVE what I do and helping others achieve their goals is a great bonus



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