

6 DAY 039CHANGE YOUR BREAKFAST039 CHALLENGE



.....LEARN HOW EASY IT IS TO LEAD A HEALTHY ACTIVE LIFESTYLE.

STARTS EVERY TUESDAY

Want to join our next challenge?

CALL OR TEXT (6DCBC + YOUR NAME) - 07564 219189

(* Full T&Cs will be provided at point of enquiry)

Location **Yorkshire and the Humber, West Yorkshire**

<https://www.freeadsz.co.uk/x-561355-z>

I used to skip breakfast or have a slice of toast & a cuppa, feel constantly tired and rarely exercised..... Then I discovered the all I needed to do was Change my Breakfast and it changed my day's

Is that you?

Do you struggle to have time for breakfast?

Are you too busy sorting the family out?

Find yourself snacking mid-morning just to keep you going to lunch?

Do you feel tired through the day?

Would you welcome a power nap in the afternoon?

STOP, I am looking for new people every Tuesday to see if 6 days could make a change to their day like it changed mine.

ALL PARTICIPANTS WILL RECEIVE*

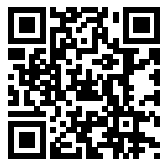
1. 6 Day Nutrition Pack
2. Access to our online support group
3. Personalised diet & lifestyle plan

For FULL details and to take part contact Jayne Direct on 07564 219189 07564 2191...(click to reveal full phone number)



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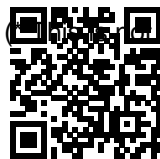
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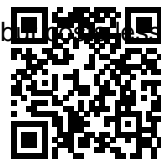
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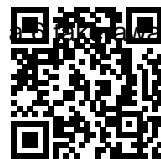
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Free, but costs less than (a healthy day)