

Pre

STRONG
is the new skinny
is the new sexy

is healthy
is beautiful
is confident

RunToTheFinish.com



Location **Iowa**
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Are you interested in joining a fitness challenge group to help you achieve your personal goals?

How long have you struggled with nutrition?

Do you think you would benefit from being part of a group that's sharing and helping each other through a fitness program?

What are your fitness goals? I am an Independent Team Beachbody Coach and am filling spots for 2 challenge groups starting February 16th! If you are interested in learning more about Insanity Max: 30, 21 Day Fix, or Shakeology, please email me and I will get you more information! I want to learn about YOU and YOUR personal goals so that I can best tailor a program to help you get the results you crave! This is a judgment-free zone, and you can work out on your own schedule and in the privacy of your own home but STILL get the support and accountability we all need to be successful.

Challenge groups provide a COMPLETE fitness program, meal plans, nutrition information, ACCOUNTABILITY, and support from me, your Team Beachbody Coach, as well as the rest of our community. Take the first step today toward achieving your personal goals and living a truly authentic life! Contact me today so I can learn about your unique needs and we can set up a program!

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