Ready

Location **Iowa**
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Are you FINALLY ready to get weight loss results? Are you ready to make a TRUE lifestyle change? Do you want to lose weight, feel healthy, and achieve your fitness goals? Do you feel like you need support to help challenge yourself to get fit and healthy?

I am starting a 30 day "Ready for Spring" fitness accountability/clean eating/workout challenge group! This group will include clean eating recipes, a customized meal plan, a proven at-home DVD workout plan, and lots of encouragement and support! The average weight lost in my groups is 10-15+ lbs and the workouts are only around 30-45 minutes per day. You will get true results if you are committed and ready for a lifestyle change!

Please email me for more info!! My next group is starting soon!!

Thank you!

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