

# Get in shape with us by Memorial Day

Location **Pennsylvania**  
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I'll be hosting a 21 Day "Fit by Memorial Day" Fitness Challenge starting Monday May 4th!

If you are seriously ready to change your health and fitness, but just can't seem to find the right motivation or support to keep you going, this group is for you! I'm looking for a group of men and women that want to lose weight or tone up are ready to make it happen!

For 21 Days, I'll be working closely with a select number of people. You'll get a personalized at home workout program, daily nutritional shakes to help curb cravings, meet your bodies nutritional needs, and jump start your weight loss journey, a full meal plan, and most importantly daily accountability and support from me and the entire group! You can do it all from home, work it around your schedule, and at the end of 3 weeks you'll have the chance to win cash and prizes just for participating!

I started my fitness journey with a challenge group just like this and now I'm 10lbs lighter, stronger, happier and I help others do the same. I absolutely love the way these groups work to support people while pushing them towards their goals. I'm always blown away by the amazing transformations at the end of 3 weeks. This group is not free and it's not easy, but I promise you, it WILL be worth it! Please fill out this form to join our challenge group today!  
<http://365fitnation.com/fitness-challenge-group-sign/>



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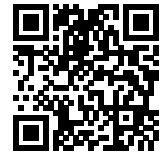
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