

# Health amp Fitness Coaches

Location

**Rhode Island**

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Hey! I'm looking for people to join my amazing team of people as a fellow coach. Inspiring others to use the shake and at least one of the programs, and otherwise follow a healthy way of life, is all it requires, essentially! I'm personally about to start a 60 day beginner/intermediate Pilates/Yoga program. It only takes 25-40 minutes per day, depending on the day. Many other programs to choose from though. There's Insanity, P90X, all kinds of programs. I might do a second one at the same time just because a bunch of other ones come with it, on demand on phone/computer, and I'm used to more cardio based stuff. I've barely done pilates and yoga for that reason, but I know it's so beneficial. You don't have to be a coach and make money doing it like I'm trying to do, but of course that's the primary motivator for some people, especially if you're already in amazing shape!!! It comes with meal plans focused on portion control (if you want to follow it) and an all natural incredibly nutritious (you don't need any other vitamin supplements, but keep taking what you take if you already do, that's fine), energizing shake of your choice, meant to replace one meal a day. I can get you 25% off. There's a 30 day bottom of the bag money back guarantee, meaning you could literally use the whole bag of the shake and decide you want your money back. It's a great company. Let me know by tomorrow if you can, because I'm only trying to take 5 people into my group right now- don't want to overwhelm myself, I just started this. Let me know what you think! Looking forward to hearing from you soon and maybe having you part of my team!! I'm a vegan and we have vegan shakes and meal plans for you too, if you're like me :). My team is REALLY rocking with some of the top coaches in the nation with us!!! I am so excited to be able to work toward doing this full-time so ALL I do is inspire people to be happy and healthy!!! Talk to you soon!! God bless!

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