

WEIGHT LOSS group Volunteers

Location **Idaho**
<https://www.genclassifieds.com/x-584190-z>



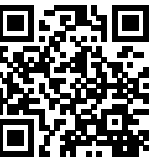
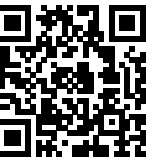
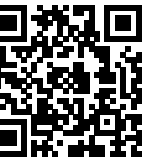



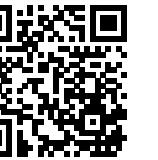
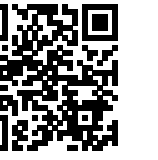


I'm developing a business as a Personal Trainer and am starting a weight loss group of about 3 to 5 people (completely free).

I'll teach gradual, NON-DRAMATIC weight loss, in the range of only 2 or 3 pounds per month. The foundation of my program is education in the importance of whole foods and the dangers of processed foods. I also have suggestions for very mild forms of HIIT exercise, usually walking.

I will work with volunteers mainly by email but will also be available by phone. Pls contact me if interested in healthy, permanent weight-loss or know of someone who could use help.

Thank!

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