

Are your
summer
clothes
feeling
too tight?



Summer has now arrived but you still have time to lose a stone before the holidays start and you have to expose your body on the beach but the time is now. 6 weeks is all it takes to lose weight and drop a dress size. The Fitness & Lifestyle Company guarantees that over the weeks you will enjoy a variety of yummy foods have much more energy, motivation and gain the knowledge of lifelong healthy eating.

Losing weight and getting fitter requires a proper plan of action like planning a business project or even a holiday, you need to be clear about your aims and work out how you will achieve them.

The fitness & Lifestyle Company tailors a plan around your existing lifestyle, needs, demands, each week new goals and diet suggestions are made alongside body measurements and blood pressure checks.

The answer is a 6 week custom made course with The Fitness & Lifestyle Company. The action plan is tailor made around your existing lifestyle and goals. Plenty of food and effective results straight away with friendly full time support.

Call Emily today to arrange a free consultation and for just over £30 per week start a 6 week program that is fun and flexible and works for you and produces results.

6 weeks to a better summer body....

The moment is now! *

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