

6 Week

Clean It up and Get Moving Challenge

January 8th - February 17th

What's Included

- Private Facebook group
- 30 Day challenge course information
- All sessions for the duration of the 6 weeks
- Mentoring and support
- Accountability Check In's
- Body Love IQ Assessment
- Optional Weigh in and Measure
- And more!



An analysis of more than 700 weight loss studies found that people see the biggest short-term results when they eat smart.

On average, people who improved their nutrition without exercising for 15 weeks lost 10 kilograms; the exercisers lost only 3 kilograms over about 21 weeks. When you combine the two (Peak nutrition & exercise), you start to see rapid results.

I am delighted to tell you that the days of overwhelm are behind you!

I have created an incredible 30 Day Clean Eating Challenge/course, JUST for my clients.

The emphasis is on small, bite-sized lessons which you'll get once a day, making them easy to understand and implement for lifelong changes and results.

Cost

\$35.00 Per week Or \$180.00 inclusive

To Register for the 6 week Challenge

Email: liveonce@adam.com.au

Or SMS: 0408 859 274

Training Timetable

Week	Monday	Tuesday	Thursday	Saturday	Saturday
January 8 th	6am Metafit		6am Metafit	6:30am Metafit/MetaPwr	7:30am Box Fit
January 15 th	6am Metafit	6:45pm Group Fit	6am Metafit	6:30am Metafit/MetaPwr	7:30am Box Fit
January 22 nd	6am Metafit	6:45pm Group Fit	6am Metafit	6:30am Metafit/MetaPwr	7:30am Box Fit
January 29 th	6am Metafit	6:45pm Group Fit	6am Metafit	6:30am Metafit/MetaPwr	7:30am Box Fit
February 5 th	6am Metafit	6:45pm Group Fit	6am Metafit	6:30am Metafit/MetaPwr	7:30am Box Fit
February 12 th	6am Metafit	6:45pm Group Fit	6am Metafit	6:30am Metafit/MetaPwr	7:30am Box Fit

***** Sessions may be cancelled due to extreme weather conditions for your safety *****