

## HEALTHY SHAPES

The easy 'eat clean get lean' plan that works around you!

13 January 2021

Dear Michelle,

We know how tricky it is for a working mum to look after her family as well as her own health and wellbeing. Little people to nurture, a career to pursue... never enough hours in the day. Well before you waste money on another gym subscription read on... we have just the solution for you.

For as little as £18 per month we offer:

### Nutrition

Delicious meal plans endorsed by leading female nutrition expert 'Dr E Myles.'

- Tailor made easy meal plans that the whole family can eat
- Palm sized portion guides
- An app to track your daily food intake
- An easy tick chart to ensure nutritional needs are met
- A range of recipes
- Tips to kickstart your metabolism

Average weight loss of 1-2 IB per week

Scientifically proven plan to correct hormonal imbalances and provide vital vitamins and minerals.

## Exercise

Develop lean curves and muscle tone fast.  
Specific workouts for women will target stubborn flab.

- Flexible workouts that fit around your day
- Choice of strength and conditioning workouts
- Hiiit training
- Yoga and gentle stretching
- Time crunched workouts
- Video links with explanations

**HEALTHY SHAPES** All from the comfort of your own home or office.  
No equipment needed

### We also offer:

Motivational weekly webinars for when the going gets tough  
An **online chat** group for any questions you have.  
Access to our **Facebook group** to share your weight loss journey.

Money back guarantee after one week, if it doesn't suit you.  
We know it will!  
Prepare to look and feel fitter leaner and stronger in 2021.

10% discount when you sign up today  
Fill in coupon or sign up on our website [www.healthyshapes.com](http://www.healthyshapes.com) now!  
You deserve it!  
Regards.  
*Anna Maeen*  
**HEALTHY SHAPES**

