

thebestof

Free Advice & Personal Training Session

Offer Expiry Date
30/09/2015

Can only be used at
Benefit FullCircle
6 Heol-Y-Parc, , North Cornelly,, Bridgend,,
CF33 4LT
CF33 4LT .

Tel: 07749 663750



Description/Terms and Conditions

Get some FREE advice an a personal training session with Cardiff based personal trainer Hal Lomax when you purchase any step of our F.I.T. weight management programme. www.benefitfullcircle.myforever.biz/foreverfit Step 1 C9 (clean 9) ... Designed to kick-start the programme and cleanse your body, this provides the perfect starting point for transforming your diet and fitness habits. Based around Forever's bestselling Aloe Vera Gel drink, this nutritionally-balanced programme will allow you to see real results in just nine days. Step 2 F.I.T. 1This 30-DAY regime allows you to continue towards your weight management goals in a sustainable, healthy way. Contains the exact portions of supplements, shakes and bars required, with easy-to-follow step-by-step guidance to help you through. Maintain and build on the progress you made with the C9 and change your habits for the long-term. Step 3 F.I.T. 2 Strengthen and tone your body with F.I.T.2 to help you build lean muscle, incorporating high protein nutritional products. Complete this final step of the programme to see real definition. Order online or direct neil@benefit-fullcircle.com (please leave contact details)

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