



Did you overindulge this Christmas?

If the answer is YES and you want to get 2017 off to a healthy start, then keep reading. After all, we all make new years' resolutions but we rarely manage to stick to them. How much do you want to make this year different and actually make your health and fitness goals a reality?

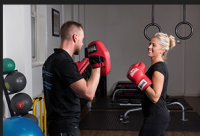
My Name is Mike and I am a Personal Trainer and Online Body Transformation Coach based in the Ribble Valley. I'm here to help you to make 2017 your best year yet achieving your goals no matter how big or challenging.

I would like to invite you to join my FREE 7-day online challenge and receive personalised fast and effective home workouts and healthy nutrition plans. You will see your energy levels triple in just 7 days. No gym membership. No boring low carb meals. No hours spent on a treadmill.

Book your FREE 7-day online trial NOW and learn how you could lose up to 7 pounds, feel great and get 2017 off to the best possible start.

I look forward to hearing from you, please visit
www.mikepearcefitness/free7daytrial to book your no obligation slot.

Mike



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