



Happy New Year

DROPiT 21

POSITIVE CHANGE

Healthy-eating, exercise and online group support programme.
5th January 2015

NO fad diets, NO shakes, NO weighing of food, NO juicing, NO supplements, NO counting of points/syns, JUST GOOD OLD FASHIONED "CLEAN" HEALTHY EATING AND EXERCISE. This programme will change your way of life/eating forever. Learn about how your body reacts to food and learn how to fuel it correctly.

The average weight loss result is 10lbs in 3 weeks using the DropiT 21 system. All participant lose inches around the waist and hips. The body will be leaner and more toned.

The food plan involves eating three meals a day; eating from the list of prescribed foods. You will cut out caffeine, alcohol, all dairy, wheat, and other cereals, sugar and artificial sweeteners. Vegetarians can choose to add tofu into the program if required.

There are two options for the exercise; you will gain access to a 10 minute intense exercise video each day. It is best to complete the exercise before breakfast. Alternatively, you can use the gym and follow your current workout schedule.

DropiT 21 is challenging, especially in the first few days but the rewards are great. Our November group lost an average of 10lbs in the three weeks.

The cost is £45. For that you will get a full information pack and the online exercise videos. You will also get access to our secret Facebook group. This is an incredibly powerful tool that will enable myself, Sarah and our DropiT 21 partner Sandra Brooks to encourage you when it gets tough. You will feel supported by the group and will gain feedback and motivation from others also making positive changes.

If you are interested please get in touch via joesgymswanage@gmail.com. We will send you more information and payment.

Although we are still looking to looking to relocate our gym, we are pleased to announce that we have been able to gain an extension to our lease. We are operating as normally for the time being and will keep you informed. We really appreciate the support you have given us over the past few months during this difficult time.



Joe's Gym is on Facebook:

<https://www.facebook.com/pages/Joes-Gym/377611158915656>