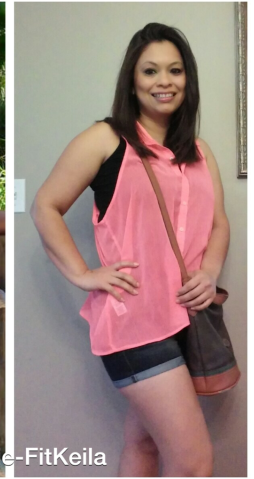




June 9th  
242 pounds



December 26th  
173 pounds



©Veggie-FitKeila



Made with Pic-O-Chimp

# Get a Complete Guaranteed Program, Free Coaching, & Free Support!

**This spring, decide to make the changes you need to make to become the healthy, energetic, strong, happy, and confident person you deserve to be. You are worth it!**

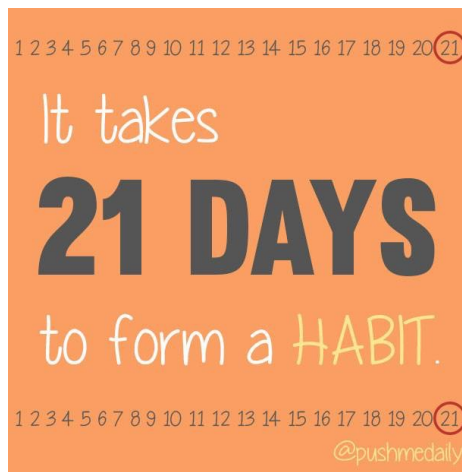
You have the opportunity to join us this April in a potentially life changing health and fitness challenge. You will meet people with the same goals that you have and support while being supported and held accountable to the goals that you set for yourself. The main goal of Beach Body coaching is to end the trend towards nationwide obesity. We want to reach out, educate, and make ourselves available to anyone and everyone in need of implementing, maintaining, or improving their health, nutrition, and fitness levels. As coaches we lead by example, sharing our personal journeys and encourage while inspiring others to do as we do. We provide systems and plans that work to people dedicated, ready, and willing to use them. It takes time, effort, and dedication. Reaching your goals will not be easy, but this spring you can take the first and most important steps to getting there.

~Jason and Keila Lounds  
Registered Beachbody Coaches

# HOW TO JOIN THE CHALLENGE!

If you would like to join us this Spring, go to [www.veggiefitkeila.com](http://www.veggiefitkeila.com), [www.facebook.com/veggiefitkeila](http://www.facebook.com/veggiefitkeila), or email [jasonlounds@gmail.com](mailto:jasonlounds@gmail.com) or

[keilalounds@gmail.com](mailto:keilalounds@gmail.com) or call Jason@ 517-803-1351 or Keila@ 517-803-1105. Registrations and **Orders should be completed by April 17th to ensure a strong start on April 18th, or May 13th for a strong start on May 16th.**



## WORKOUT PROGRAMS

There are workout programs for everyone. Workout in the comfort and privacy of your own home while being guided by the top

Professionals in the business.

## MEAL PLANS

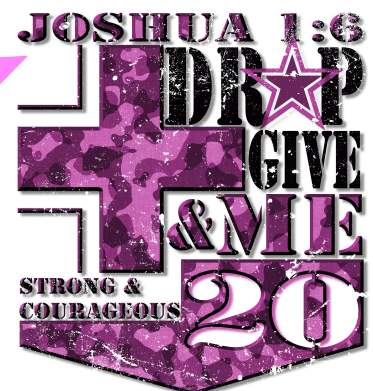
Flexible meal plans with vegan options that you can manage and make fit into your lifestyle and tastes will

be available.

## RECIPES

Healthy, clean eating recipes will be provided to help you along the

WOMEN WHO PURCHASE A WORKOUT CHALLENGE PACK THROUGH THE WOMEN'S RETREAT WILL RECEIVE A FREE DROP AND GIVE ME 20 T-SHIRT!





# EXERCISE GEAR IS AVAILABLE

Drop & Give Me 20 and The Lord's Army Strong and Courageous T-shirts and Headbands are available for purchase through our seminars and website.

Please visit [www.veggiefitkeila.com](http://www.veggiefitkeila.com) to SHOP for your gear. There are several styles of headbands and both men's and women's t-shirts available as well.

We also have a limited number of headbands available for purchase at the seminars. All T-shirts must be ordered and will be shipped to your address, free of charge.

