

Be Fit

Be Healthy

4 week challenge!



Only

\$45



\$20

for members!

Discount code will be found within the app!



New!

New 4 week meal guide included with tools



Everything you need to know:

- *NEW* 4 week meal guide
- 4 weeks worth of both HOME and GYM workout
- options with a focus on progressive overload.
- 5 workouts each week with scheduled LISS & HIIT
- Instructional videos for each exercise.
- Access to Facebook community along with my health and fitness tips throughout the challenge.
- Access to the app with the ability to track weight and repetitions.
- 1 on 1 messaging with me
- Structured Workouts that change weekly to keep it exciting and motivating.
- Prizes & giveaways! *Winners are chosen by their before and after pictures (optional) but I do encourage you to take them and measurements. I'll base it off of participation and your end testimony on any progress you felt or saw!



1st Prize **\$100**



2nd Prize **\$50**



3rd Prize
BiOptimizers
protein (\$66
value)

Sign ups close January 9th.
Can't wait to workout with you!

Liz



Feel free to email me at ahhealthyelf@gmail.com with any questions