4-WEEK WELLNESS CHALLENGE

MARCH 2ND - MARCH 29TH 2026

YOU DO NOT NEED TO BE A MOFIT MEMBER TO JOIN.

PRIZES! PRIZES!

Weekly $50 cash prize
Grand Prize valued over $200

ONLY

$45

TO JOIN

PURCHASE HERE.

venmo

NUTRITION SUPPORT

Unlock your full potential with our expert nutrition support—personalized guidance for a healthier, happier you!

EXERCISE

Discover the joy of movement-feel stronger, fitter, and more energized! Live Virtual Workouts with a personal trainer!

Why?

ACCOUNTABILITY

Weekly calls to learn the secrets to sustained success with strategies that fit your unique lifestyle and goals.

TOOLS

Stay motivated. Our weekly tracker will keep your progress in check and your new habits within reach!

***FIRST ZOOM MEETING IS MARCH 2ND AT 7PM**

CONTACT US

CALL OR TEXT: 216-978-1602
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