

4-WEEK WELLNESS CHALLENGE

JUNE 2ND - JUNE 29TH

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



PRIZES! PRIZES!

Weekly and overall winners.



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!

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!

**ONLY
\$45
TO JOIN!**

PURCHASE HERE.



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***KICK-OFF ORIENTATION MEETING, MAY 29TH 7:00PM**

CONTACT US

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