

MOFIT 4-WEEK WELLNESS CHALLENGE

NOVEMBER 3RD - NOVEMBER 30TH

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! 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!

**ONLY
\$45
TO JOIN!**

PURCHASE HERE.



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***KICK-OFF ORIENTATION MEETING, OCT 30TH 7:00PM**

CONTACT US

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