



FREE PDF WITH BONUS
RUNNING GUIDE

Running
BONUS



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MONIQUE NIKKOLE'S SIMPLE APPROACH TO GETTING AND STAYING IN GREAT SHAPE

Welcome to my
Simple Fitness
Approach to
getting and,
staying in the best
shape of my life!

I'm excited to
share this free pdf
with you and I
can't wait to share
more with you in
the future!

Join my Mailing List
for a free copy of my
Simple Approach to
Getting & Staying in Shape!

Including my
Bonus Running Guide!



Eat Right



*Move &
Sweat*



*Strength
Train*



Hydrate

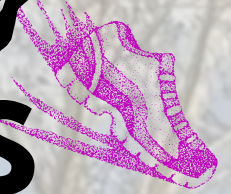
ZZZ

Rest

*You got
this!*



Running BONUS



**"I STARTED OFF SLOW
RUNNING FOR ENJOYMENT
AND ALSO WALKING."**

**"I LEARNED A LOT ABOUT MYSELF
FROM MARATHON
TRAINING AND DISCIPLINE.
IF I CAN DO IT -- SO CAN YOU!"**

Monique