



# **SIGN UP NOW**

# **30 DAY FITNESS**

# **CHALLENGE**

## **Well, What is it?**

It's officially time for us to better our health by prepping our summer body! Are you ready to show everyone how hard you've been working? Synovia Wellness is launching our 30 Day Total Body Fitness challenge. The Synovia Wellness team is looking forward to assisting you with a fat shredding, lean muscle building overall body transformation. But, there's more, we will also be giving the person with the best body transformation their first month free of charge. Prizes will also be awarded to the 2<sup>nd</sup> and 3<sup>rd</sup> place winners. Sign up NOW at [SynoviaWellness.com](http://SynoviaWellness.com)

## **What's included?**

- 3 training sessions a week
- weekly check-ins and Q&A.
- Recommended grocery list.
- Meal plan options.
- Home Gym Workouts recommendations

**Enjoy a family oriented judge free atmosphere!**

**We look forward to helping you Accomplish your Fitness Goals**

## **SYNOVIA WELLNESS CONSULTING**

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