



Not just one day in  
*balance...*  
your *whole life!*

Staying healthy, fit and slim  
and enjoying life.

Your personal BenFit coach  
helps you to find the right  
balance between eating well  
and responsibly, getting  
exercise and good relaxation.

The results? A slimmer  
body, maintain a healthy  
weight and energy to spare!

Start with the BenFit Nutrition  
& Lifestyle programme and  
build a healthier future!

**BENFIT**  
your foodcoach

FOLLOW BENFIT AT: