

*Lose pounds..
not your perspective!*



BENFIT
your foodcoach

FOLLOW BENFIT AT:

Have you lost weight before?
And put it all back on again,
and more?

Your personal BenFit coach
helps you to put an end to yo-
yo-ing forever.

You 'll learn to find the right
balance between healthy food,
sufficient exercise and
relaxation.

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

Start with the BenFit Nutrition
& Lifestyle program meant
build a healthier future!