



Lose 30 Pounds and 30 inches in 12 weeks!

Contact: Rachel

Email: rachellaurn@me.com

https://county-marketplace.com/miscellaneous/lose-30-pounds-and-30-inches-in-12-weeks_louisville_1305

Address:

Louisville

Price:

Check with seller

Hi! My name is Rachel and I am a certified Health & Weight loss Management Coach. October 17, 2014 I started my healthy eating/weight loss journey. In 10 short weeks I have lost 28.8 pounds, 44 inches and 9.7% body fat! And the fat keeps burning off!! I don't take any prescription medicines, zero frozen meals and I do not sprinkle anything on my food (except maybe a little pepper) hehe! It's all about clean eating! If you'd like to know more, just add me as a friend! You will get great recipes, see amazing before & after photos and learn more about getting healthy! If you're ready for a new you in 2015, all you have to do is add me as a friend! :)

[Http://www.facebook.com/RIduncan7](http://www.facebook.com/RIduncan7)



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