

How many of you are getting older? Don't put off getting healthy until later. How you treat your body today has a definite outcome on your health of the future. You have friends and family who may have suffered heart disease, cancer, diabetes, or stroke. Don't be a statistic. Being a healthy weight and daily exercise can help prevent or lower your chances of disease. There are no guarantees. Let's not take good health for granted.

Are you tired of trying to get fit all by yourself? Do you and your friends want to join together with the common goal of being fit for life one day at a time? Do you want to be strong enough to live each day without fear of injury and keep up with your friends.



JOIN THE FUN



Be a member of a group that has ***“a healthy lifestyle”*** as their common goal.

1. Free fitness coaching by Diana Hoffman who is an expert in health and physical education. She has coached for over 13 years. Diana continues her education to be up to date.
2. Weekly posts of hints, recipes, coaching tips, nutritious eating, exercise, healthy tips and facts, encouragement, etc.
3. This group is interactive. Share your challenges and successes. Support. Results!
4. Free eBook The Fitness Playbook
5. PDF downloads on the Facebook site only for our members. Includes, but not limited to:
Steps to Beginning your Journey to Fitness one day at a time.
21 Day Food & Exercise Diary
Play Book Plan at a Glance. Your Goal. Your Why? Write out your plan.
Affirmations to read daily
6. This is a private group. Not everyone will know your business, just the ones who have joined. Your posts only can be viewed by its members. This is a safe place to share ideas, support each other, and be accountable to other in reaching your goal(s). Request to join the group and/or contact Diana Hoffman.

<https://www.facebook.com/groups/ActiveHealthyLifestylesPrivate/>

Copy and Paste this link into your browser.

TO JOIN: Contact me on this website and let me know you want to join the FREE Coaching Group. Message me on Facebook and request to JOIN.