

the studio



F I T N E S S



NEW YEAR OF HEALTHY HABITS

30 Day New Year Health and Fitness challenge

Join Instructor Julie virtually for a 30-Day fitness and nutrition challenge. We will be Utilizing the "Stoplight Diet" Designed by Former TSF Nutritionist. This challenge will include daily nutrition plan with different options to fit all life styles. By joining this Challenge you'll be added to a private Facebook page that will include daily tips and motivation to keep you accountable.

PRIVATE FACEBOOK
PAGE

PRIZES AND
GIVEAWAYS

HEALTHY RECIPES
AND IDEAS

ACCOUNTABILITY
GROUP

THE STUDIO FITNESS

698 W National Rd,
Vandalia, OH 45377

<http://www.thestudiofit.com>

January 15th-February 11th

Facebook group starts Jan 8th

Cost: 20 Dollars by PayPal to
Juliana Zimmerman at
jzippula@hotmail.com or a check
made payable to Juliana
Zimmerman