



You're invited to a

## Fall Fun Fit Challenge with Julie!

Everyone thinks about health and fitness challenges after the holidays and the first of the year, but what about leading up to them? We all know Thanksgiving through the New Year is the toughest time for our diets and fitness goals.

I want to create a support group that will challenge, inspire and motivate you as well as keep you accountable. This will set you up to get ready for the holidays and to practice a life full of balance, which is what I live by!

Join me on this journey to a more balanced healthy lifestyle and end the battle of dieting! I'll also share some fun health and fitness tips, tricks and exercises!

-\$15 (includes private FB group where I'll be posting daily tips, photos, videos, challenges, giveaways, prizes and more) By paypal or personal check made payable to Juliana Zimmerman Email: [jzimpola@hotmail.com](mailto:jzimpola@hotmail.com) contact Juliana at 937.602.4031 with any questions or concerns

**Where:** Private Facebook Group

**When:** October 25th-November 22nd

