



# Do a 360° and Recharge YOUR Life!

## *This is Kim's story...*

My name is Kim. I started on FitPlan 360° in the summer of 2010. Since that time, I have lost 110 lbs. and I am now certified to be a personal trainer!

Before I met with Beckie, I was so tired and had absolutely NO energy at all. I have been overweight most of my life, and all of my adult life. I desperately needed help. I didn't know what to do or where to start. We are told so many things - do this, don't do that, to the point of total confusion! This program changed my life. It's awesome! This program is designed for each individual, this program is idiot proof. If you do what she says and when she says, you cannot go wrong. No more guessing! This is NOT a diet - it's a lifestyle, designed just for you. I understand it, I believe in it, and I love it! I know it works! It has worked for me and I have seen it work for countless individuals on this program. It is my personal goal to help as many people as I can to be healthy, happy individuals that lead healthy and happy lives! Join FitPlan 360° and recharge YOUR life!



Before...



During...



After... AND to be continued!