

LOVE YOUR BODY Challenge

QUESTIONS YOU MIGHT HAVE...

WHAT IS THE LOVE YOUR BODY CHALLENGE?

TAKE TIME TO PRIORITIZE YOURSELF FOR 28 DAYS BY SCHEDULING IN YOUR WORKOUTS AND TIME FOR SELF-CARE

JOIN THE GROUP IN A CLEAN EATING PROGRAM TO STAY MOTIVATED AND INSPIRED TO FEEL YOUR BEST

TAKE TIME TO LOVE YOUR BODY THROUGH A SERIES OF SHORT EXERCISES AND RITUALS TOWARDS SELF-CARE

HOW DOES IT WORK?

WE START WITH A SELF-ASSESSMENT QUIZ TO SEE WHERE YOU ARE AT MENTALLY, PHYSICALLY AND EMOTIONALLY.

YOU PARTICIPATE IN A MONTH LONG CLEAN EATING PROGRAM. YOU WILL DECIDE, BASED ON YOUR NEEDS AND GOALS, WHAT AND HOW MANY ITEMS YOU WILL ELIMINATE FROM YOUR DAILY DIET.

WE HELP YOU PLAN YOUR WORKOUTS AT V-FIT AS WELL AS ATTENDING A WEEKLY WORKOUT AS A CHALLENGERS GROUP ON SUNDAY FOR TEAM SUPPORT.

WE GUIDE YOU THROUGH SHORT WEEKLY EXERCISES AND RITUALS TO TEACH OR REMIND YOU HOW TO BE KINDER AND MORE LOVING TOWARDS YOURSELF.

WHAT SHOULD I EXPECT?

A MORE POSITIVE OUTLOOK TOWARDS YOURSELF, YOUR BODY AND OTHERS.

TO HAVE MORE ENERGY, TO FEEL EMPOWERED AND REINVIGORATED.

TO BE STRONGER AND FEEL MORE SELF-CONFIDENT.

FACTS FROM PAST LOVE YOUR BODY CHALLENGES

CLIENTS LOST BETWEEN 4 AND 10 INCHES FROM THEIR BODY.

EVERY CLIENT SHOWED IMPROVED SCORES ON THEIR LOVE YOUR BODY SELF-ASSESSMENT.

EVERY CLIENT HAD MORE APPRECIATION AND LOVE TOWARDS THEIR BODY.

CLIENTS STATED A MORE CONSCIOUS EFFORT TO BE KINDER TO THEMSELVES, AND IN TURN TO OTHERS.

PARTICIPANTS EXPRESSED THAT SUNDAY WORKOUTS AND GROUP CIRCLES CREATED A SAFE SPACE FOR WOMEN. HERE, CLIENTS FELT THEY WERE ABLE TO SHARE THEIR STORIES AND STRUGGLES, AS WELL AS FORM BONDS AND RECEIVE GROUP SUPPORT.