

Introducing

FitRev's **Whole 30 Challenge**

Sign up and change your life *now*.

What is Whole 30?

- Whole 30 is a program that will change your life, your body, and your energy levels by eliminating certain food groups (like **sugar, grains, dairy and legumes**) which can have a negative impact on your health and fitness. By eliminating these food groups for a full 30 days, your body is able to heal and recover.
- By combining the Whole 30 program with a regular workout schedule, you'll see amazing results at the end of the challenge.

Who should join the challenge?

- Anyone who is serious about making a commitment to change in his/her life.
- You must commit to 7 days a week for 4 weeks (no excuses!) to realize success from the program.

When does it start?

- **The FitRev Whole 30 Challenge begins March 1st**
- InBody Composition Assessments on Sunday February 28th

How do I join?

- **Sign up online for the "Whole 30 Challenge" under Events**
- Purchase the book "It Starts with Food" by Dallas and Melissa Hartwig today, and get reading before the challenge begins!

Cost \$79 for 30 day program including nutritional consultation, InBody composition analyses, dedicated Facebook group with support and recipes.

Email Michelle@fit-rev.com with any questions.