

WildFit



Iwona Woroniecka

BEFORE

AFTER

WildFit Weight Loss: 17 lbs

Your WildFit  
90 Day Challenge  
Starts On

**May 4th, 2020**

QUESTIONS?

Contact:

**650-324-3453**

# The WildFit 90 Day Group Wellness Challenge

- ◆ Take Charge Of Your Health
- ◆ Re-invent Your Body
- ◆ Transform Your Life

*"I lost pounds, inches and  
have tons of energy!  
The WildFit lifestyle is how I  
want to live. "*

IWONA WORONIECKA



## What Is Wildfit?

WildFit is a *lifestyle of healthy eating*, influenced by the Paleo Diet. It is founded on what humans are supposed to consume based on our history as hunters and gatherers.

Unlike other diets, WildFit's principles are based on a solid foundation of nutritional science, food psychology and behavioural change: *the ideal combination for lasting results.*

## Wildfit Works

Most diets are designed for you to stick to.

WildFit is a lifestyle that sticks to you, forever.

*Take care of your body.  
It's the only place you have to life.*

**JIM ROHN**

## Transform Your Relationship With Food

## Ready For Change?

### A Brand New You - In 90 Days

The WildFit 90 Day Group Challenge will help you create a healthy relationship with food so that you have the power to finally say no to those donuts in the break room.

### Benefits Of A Wildfit Lifes Style

- ◆ Lose weight without hunger or exercise
- ◆ Boost energy and mood naturally
- ◆ Enhance focus and creativity levels
- ◆ Improve sleep quality and wake up energized
- ◆ An overall sense of vitality and wellbeing

## Easy To Follow

The WildFit Method is a proven, easy-to follow program that guides you every step of the way.

### Over 90 days you'll receive:

- ◆ Access to the WildFit 90 Challenge online
- ◆ Program modules and videos
- ◆ Daily email reminders and support
- ◆ Live calls with a Wildfit Certified Coach
- ◆ Access to the WildFit private facebook group
- ◆ Tools to track your progress
- ◆ Copy of the Living WildFit e-book

*"It's been a year since I've released 23kg (50 lbs) in 6 months and I have never looked back. My energy is steady, I sleep much better, my joint pain is gone, my emotions are more level and I haven't had a bout of depression since before WildFit, I feel happy and confident again!"*

**LAURA FORGIE**