

JUMPSTART

at Better Bodies 4 Us, LLC



JUMPSTART

12-Week Group Fitness Program designed to jumpstart your fitness journey as you begin your transition into perimenopause and beyond.

At Better Bodies 4 Us, LLC, we are excited to introduce JUMPSTART, our new 12-week group fitness program designed to support women through perimenopause and beyond! With JUMPSTART, you will experience: **Balanced Hormones and Increased Energy:** Our group-based workouts and nutrition plans are tailored to address hormonal fluctuations and boost your energy. **Improved Sleep and Enhanced Vitality:** Regular exercise and expert support will help you sleep better and feel more rejuvenated. **Achieving Your Fitness Goals:** Whether you want to reduce body fat or build strength, JUMPSTART provides the structure and motivation you need to succeed. JUMPSTART is available to help you tackle menopause challenges with a supportive community and effective solutions. Are you ready to improve your menopausal symptoms?

Secure your spot, today, with this link:

<https://www.trainerize.me/profile/betterbodies4usllc/?planGUID=c71d0dc3d68a4cf487ec7db00ff52771>

Not sure if this program is for you? Book a 15-minute JUMPSTART Informational call, with me, using the link below: <https://calendly.com/better-bodies-4-us/15-minute-discovery-for-online-coaching-packages> Your friend, Coach Zetta

#perimenopause #menopause
#onlinefitnessforwomen #strengthtraining
#hiittraining #accountability #JUMPSTART
#COACHZETTA #Betterbodies4us

Terms and Conditions
All Sales are FINAL!

Exp: June 30, 2025