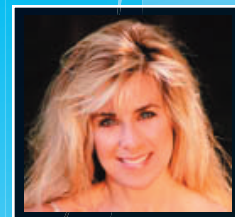


Simple Solutions To Revitalize Your Body



Tammy Parkinson

A Personalized Plan to Lose Weight and Reclaim
Your Energy for Those Who Don't Have Time to be Healthy

Harness the power of a
personal trainer, a certified
nutritionist and a professional
coach to create a lifestyle
that will help you REACH and
MAINTAIN your IDEAL WEIGHT!

Working with Tammy and Simple Solutions to Revitalize Your Body I have lost 12 pounds in 90 days. I'm stronger, more energetic, and I've learned how to exercise and eat for life. I would strongly recommend this program to anyone who wants to reclaim the body of their dreams."

Kim Fulcher

When you are ready to take it to the next level at ANYTHING in life, it all starts with your self image and how you feel before you start. Your self image and how you feel every day is based on what you do to get fired up so you can take from the day and not just get through it. So, if you are ready to take it to the next level you need a partner. Body Firm has been that partner for me. As one of the Founders and the COO of Intero Real Estate Services, I have to be on my "A" game everyday and the team at Body Firm helps me do that. From my Personal Training on Monday mornings, to Yoga on Tuesday mornings, to Boot Camps on Wednesday and Friday mornings, and my Wellness and Nutrition coach, Tammy Parkinson, they have all of the bases covered. They have helped me not just take it to the next level, but they are helping me reach even higher!!!

Making the simple complicated is commonplace; making the complicated simple, awesomely simple...that is creative!!!!

Tom Tognoli
Chief Operating Officer, Founder
Intero Real Estate

- Have You Lost and Regained the Same Pounds Over and Over Again?
- Are You Tired of Diets Designed For the Masses Instead of Your Busy Life?
- Are You Ready to Trade Your Excuses in For the Energetic Body You Deserve?
- Do You Want to Reach a Weight and Fitness Level That Makes You Feel Strong, Sexy and Fit?

Then You Are Ready to Revitalize Your Body!

Finally a program, combining the wisdom of fitness, nutrition, and lifestyle experts, is available to help you turn your body – and your life – around in as little as 30 days!

- Stop the yo-yo diet cycle of weight loss and weight gain.
- Reach an ideal weight you can maintain for life – while eating real food from real grocery stores!
- Establish a clear plan to guide your nutrition.
- Make exercise work for you; building muscle and strength, while losing fat!
- Identify and overcome the emotional triggers and every day choices that cause you to overeat.
- Experience a renewed sense of energy!
- Make-over your physical body, and love the way you look and feel.
- Get started with the program option that works for you.

BODY FIRM

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