

THE HAPPY & HEALTHY 4 WEEK CHALLENGE

with

K LEILAH KIRSTEN
a moment to move



WELCOME TO THE HAPPY & HEALTHY

4 WEEK CHALLENGE!

WELL DONE TO YOU FOR SIGNING UP!

Your challenge is to adopt a new happy and healthy habit each week!

You ought to feel the benefits of these simple and easy-to-implement changes relatively quickly, so **get ready to start feeling healthy, happy and radiant!**

If you're on Facebook, please send me an email with a link to your Facebook profile so that I can add you to our private Facebook group – leilahkirsten@gmail.com

You have limitless email support from me, so don't be shy to ask me any questions along the way. Please feel free to email me at any stage of your 4 week process and share your experience of this challenge.



I CAN'T WAIT TO HELP YOU START
FEELING HAPPIER AND HEALTHIER!

WITH LOVE,

LEILAH



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