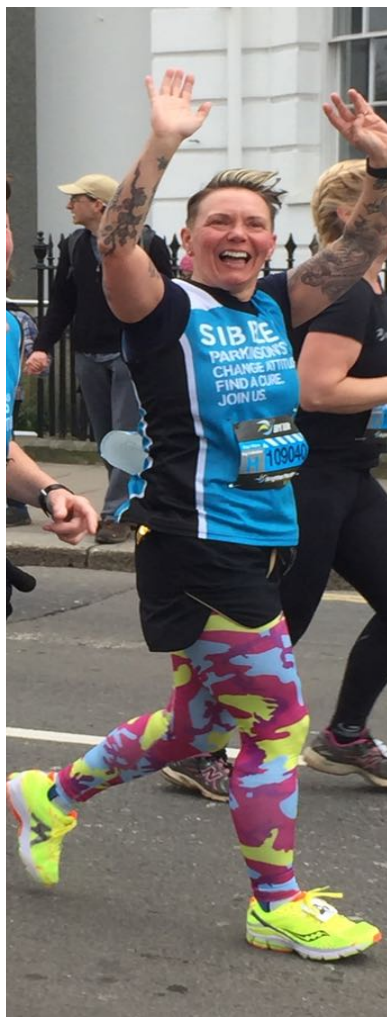


Kristina Kuprescenkaite and her Fit&Fab Challenge that I took part in earlier this year.

She helped me get back on track with my diet and exercise that had gone adrift due to work commitments...

Kristina was previously my Personal Trainer so I knew her Fit&Fab Challenge would be just what I needed, with great exercises and food plan that not only keeps you full but also makes you lose inches, who wouldn't want that and at the age of 52 it was positively worthwhile doing it.

I would definitely recommend you give it a go, Kristina is best there is!



Jo S - Scott