


Fitness is 20%  
exercise and  
80% nutrition.

Spring 2016

📅 Sunday, 20th March 2016, 12:31am - Monday, 20th June 2016, 6:35pm  
📍 Northern Hemisphere

30



**EXERCISE**  
TO BE FIT, NOT 'SKINNY'

**EAT** TO NOURISH  
YOUR BODY

AND  
ALWAYS..

**IGNORE**  
THE DOUBTERS & UNHEALTHY  
EXAMPLES THAT WERE  
ONCE FEEDING YOU.

**YOU** YOU ARE WORTH  
MORE THAN  
YOU REALISE.

Cathy Ricci  
Health & Wellness Coach

201-247-2866

