

# 30 DAYS *for* KYLI

**Lower your Weight....  
Lower your Cholesterol....  
Lower your Blood Pressure.....**

## **Raise your Spirit!!!**

**“30 Days for Kyli”** is a unique opportunity for anyone who is looking to improve their health and well being. Through this program all involved get to honor and support children who are struggling to develop by simply making healthy changes in their own lives. It can be a truly magical experience and one that you will want to share with others. This is not a fund raiser but a chance for you to make a difference in a child’s life and most importantly your own.

To learn more visit us on the web @ [www.theprocessfitness.com/kyli.html](http://www.theprocessfitness.com/kyli.html)



*Kyli wants to thanks you for your interest.*



The Process Fitness is the Founder and Official Sponsor of 30 Days for Kyli