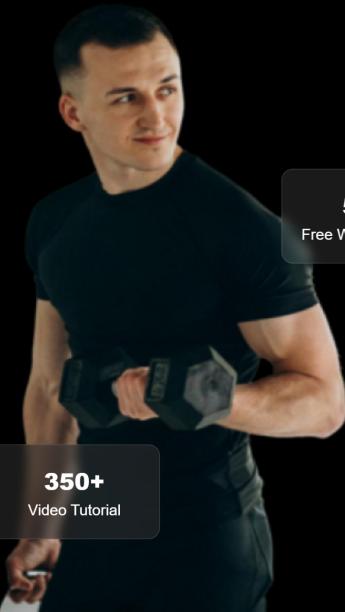


Get body in *shape*& stay healthy

A huge selection of health and fitness content, healthy recipes and transformation stories to help you get fit and stay fit!

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350+
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Change Your Habits

We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym.



Movement

We believe fitness should be accessible to everyone.



Time

We believe fitness should be accessible to everyone.



Practice

We believe fitness should be accessible to everyone.



Weight Loss

We believe fitness should be accessible to everyone.

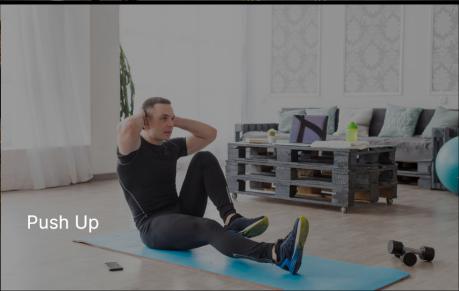
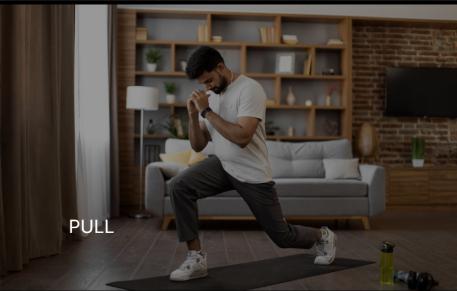
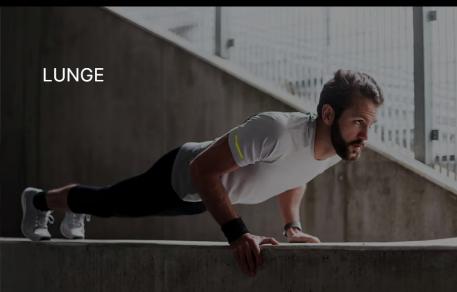
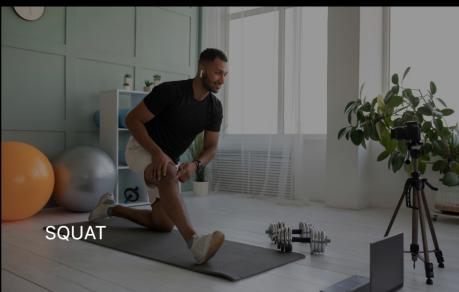
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Trainings and Exercises

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BMI Calculator

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BMI Calculator Chart

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30.0 and Above	Obese

Calculate your BMI

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Height/cm

Weight/kg

Age

Sex

Select an activity factor

Calculate

Meet Our Team

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Jerome Bell
Trainer



Cameron Williamson
Trainer



Darrell Steward
Trainer



Dianne Russell
Trainer



Cody Fisher
Trainer



Theresa Webb
Trainer

What Our Members Say

"Joining this fitness club was the best decision I made for my health!"

- Alex Smith

"The trainers are amazing and the community is very supportive."

- Maria Garcia

"I love the variety of workouts and the flexibility to do them at home."

- John Doe

Fitness

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Get Started

- Fitness
- Platform
- Workout Library
- App Design