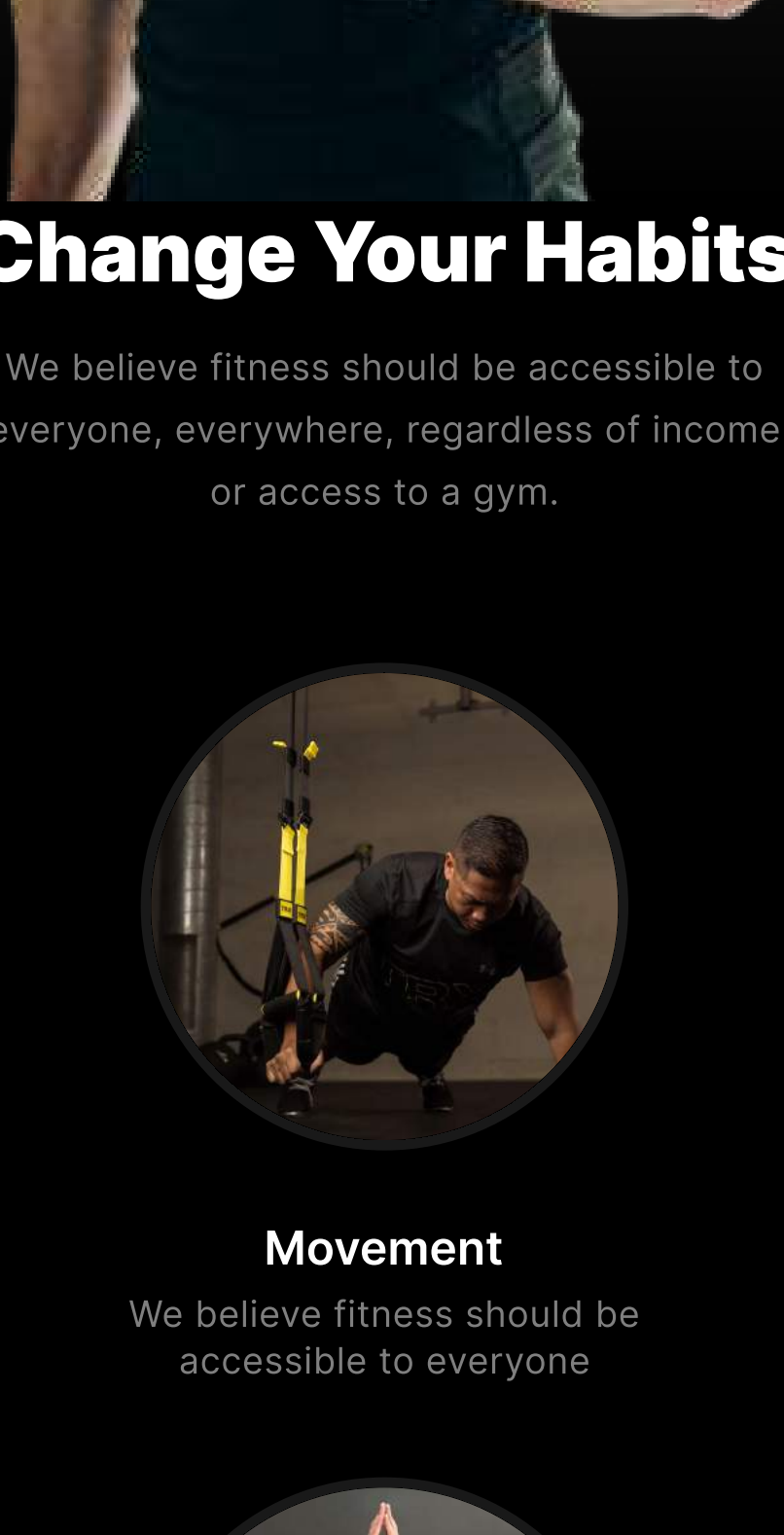


Get body in *shape* & stay healthy

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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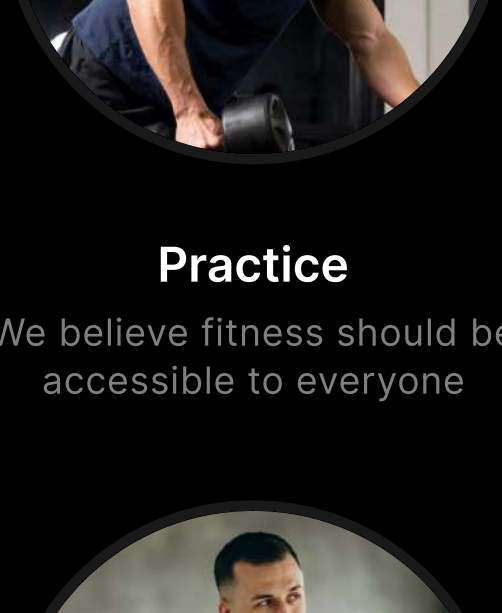
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Video tutorial

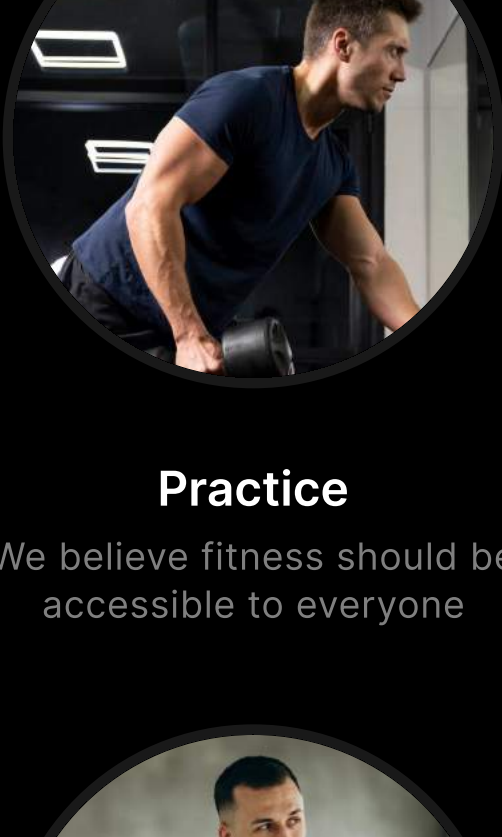
Change Your Habits

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



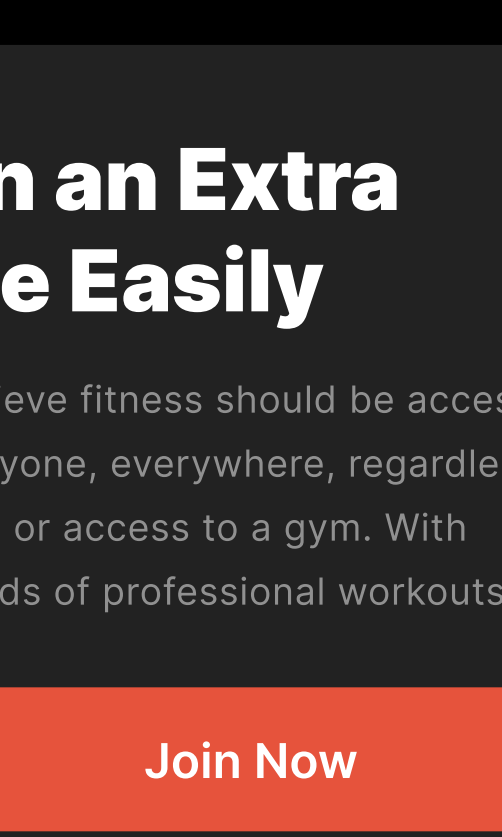
Movement

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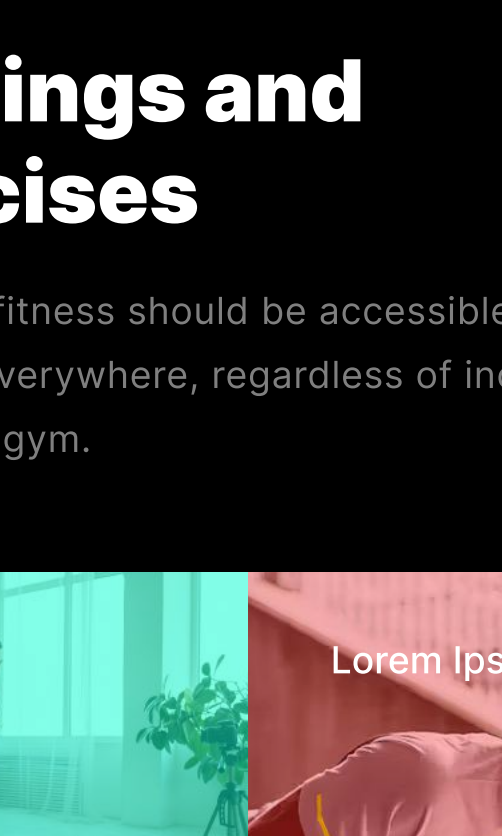
Time

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Practice

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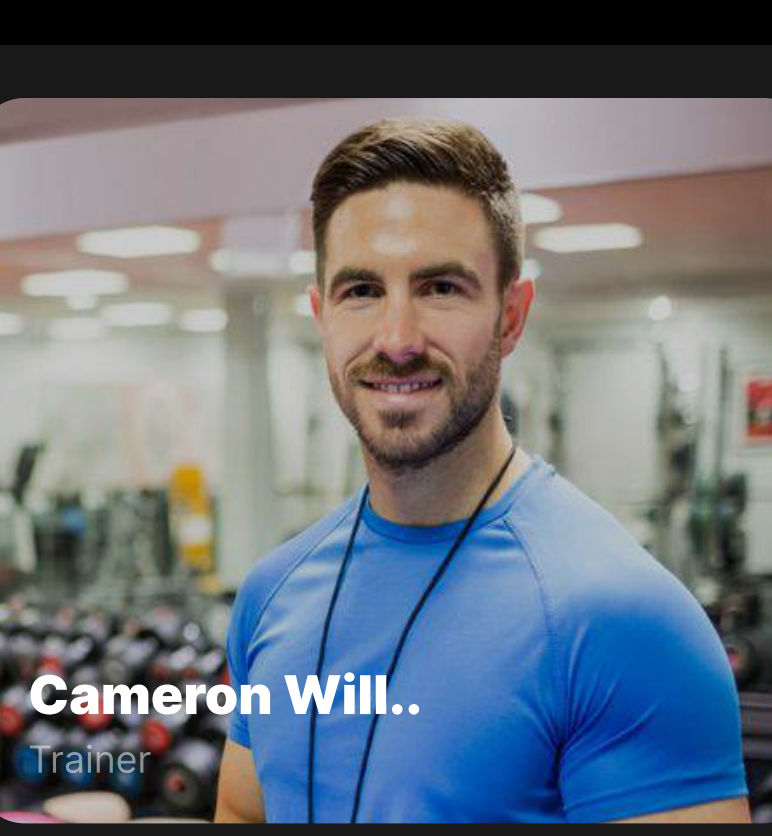
Weight Loss

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Run an Extra Mile Easily

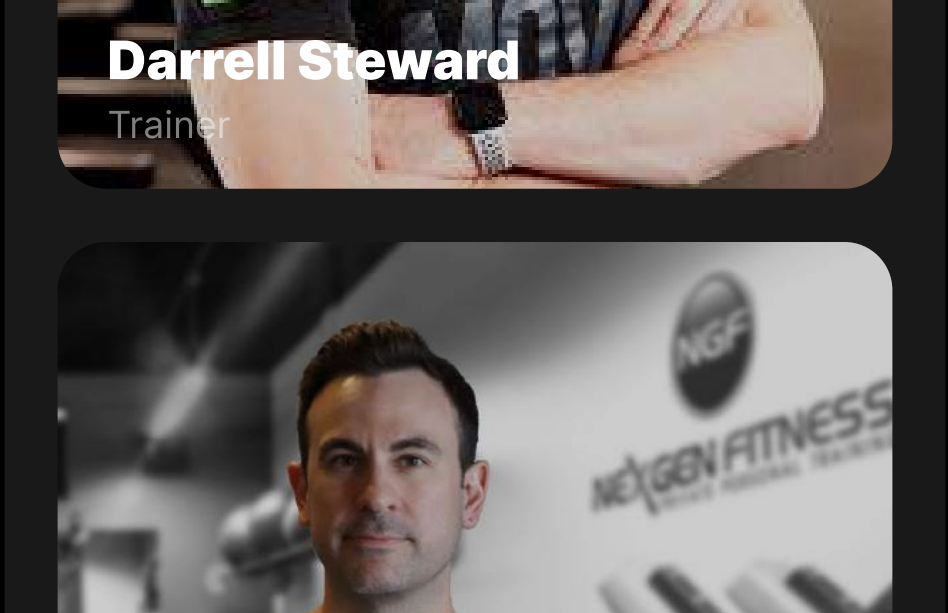
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Trainings and Exercises

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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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Cameron Will..

Trainer

Cody Fisher

Trainer

Darrell Steward

Trainer

Theresa Webb

Trainer

Fitness

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