

CLEAN 15

- REAL FOOD. DAILY SUPPORT. NEW YOU. -



Kick the year off right with the Clean 15 Healthy Eating Challenge! Food has a major impact on how we feel and how our body functions. By eliminating certain foods, we can work to reduce inflammation and give our body the reset it needs from the holidays. During the Clean 15 Challenge, you'll eliminate processed food from your diet and replace them with delicious, whole, healthy foods.

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Join our community made up of members, staff, and guests! Forma will provide support every step of the way, from recipes, to fitness tips, to workout suggestions...and more!

PROGRAM RUNS - JANUARY 17TH - 31ST

\$50 for members / \$75 for non-members

- Includes a 2 week gym pass so your non-member friends and family can join you every step of the way -

Eat real food including fruit, vegetables, eggs, nuts, healthy fats, fish, and unprocessed meat. And yes, you can have coffee! No gluten, grains, dairy, sugar, soy or alcohol. Lots of community support through a private Facebook group. Special discounts on Forma products and services, as well as some select outside vendors. Daily recipes and fitness tips.

Sign up at the front desk. Questions? Email brooke@formagym.com