



I'm excited to bring to you our Next Level 100 Day Challenge!

I believe this challenge will be responsible for more lasting transformations than any other we've done in the past.

The reason is that over the years of working with people, we've figured out how to not only help you lose the weight but also how to put specific actions into place to keep it off forever!

Think about it, in 100 days you could be down 5-20lbs (depending on how much you have to lose) and be equipped with the tools and the knowhow, to keep it off forever!

This means no more yo-yo dieting. You know, where you lose weight, gain it back, lose it, gain it, over and over and over again. Some people even end up heavier than before they lost the weight.

Imagine going out to eat with family/friends and actually enjoy it! Or, no longer labeling food as "good" or "bad" and eating whatever you want all while losing body fat!

Think about the confidence you'll have in yourself. The confidence knowing that you did what it took to look and feel great. Not only that but then experiencing the ripple effect it has in other areas of your life. You'll begin to wonder what other things you're capable of doing!

Over the next 100 days, you will be shown the framework, tips, tricks, and the mindset for losing body fat forever.

Here are just some of the results we have had...

Mario



I went from 151lbs to 140lbs in 100 days. That's a total of 11lbs!
And because it's a simple diet to follow, it's easy to stick with it long term. And when you stick with it long enough, you will watch your results go through the roof!

Here are my results from sticking with it longer than 100 days...



That's a total of 19lbs lost and I went from about 14% body fat to about 8%. But keep in mind, this took longer than 100 days. The last picture was taken 170 days post my 100 day challenge.

It isn't just me either. Here are some others who have shaved off body fat and have kept it off!

Emily

Down almost 30lbs and over 14% body fat!



Mandy

Mandy has lost over 30lbs with this exact method!



I want to make this part clear...she didn't lose 30lbs then gain it back. She lives here at her new weight day in and day out. It's practically automatic now. This is who she is. There's no going back.

Ray



Ray went from being almost 260lbs to 193lbs and he LIVES here at this weight.

Adam

Down 42lbs and 10% body fat



Kelly

Down over 17lbs and 4% body fat



Heather K.

Down 26lbs and over 2% body fat



Heather B.

Down over 30lbs and almost 8% body fat



Kim

Down 20lbs!



Jessica

Down almost 30lbs!



Lisa

Down 8lbs and 3% body fat



Everyone lost pounds and body fat and continues to make progress month after month after month.

When you sign up you not only get all the info you need to create this change in your life too, but you also get what we all need when doing something challenging...accountability and support.

You will have us checking to see if you did your work and supporting you all the way through!

This challenge begins on April 18th and ends on July 27th. We will not run another one like this until after summer is over.

The cost to join this 100 Day Challenge is \$200

And because I believe in this method so much, I am going to give you a no risk guarantee.

If you follow the method to the T and do not get results, we will work with you, free of charge, until you hit the weight loss we promised.

Think about it, you literally have nothing to lose except the weight!

Joining is simple, just scan the QR code below to make the payment through Venmo and we'll get you in the program's system. When you combine that with learning how to lose body fat while enjoying whatever food you want, you'll be so happy you decided to join.

Next Level Fitness

@nlfhq



Do not wait! Sign up today!