

A New You 21 Day Weight Loss Program

SAY GOODBYE TO THE:

- extra weight
- tired afternoons
- fad diets
- tight clothing

Sign up Today!

On Line Program with Kathy DePalo-Mooney





My name is Kathy DePalo-Mooney, I also am a National Academy of Sports Medicine certified Personal Trainer Women's Fitness Expert, and certified Nutritionist .

I attended the Institute for Integrative Nutrition where I became a certified Health Coach and a Gut Health Specialist.

I have been working out for 33 years, despite being diagnosed with Lupus six years ago. It has slowed me down but has not stopped me.

I have helped hundreds of women transform their bodies. I help women over 40 lose 20 pounds while eating carbs, enjoying their favorite foods and doing short effective workouts in the privacy of their own home or gym.

Visit my website for more programs and free stuff!

kathydepalo-mooney.com

What's Included in the Program..

Weight Loss Guide


Recipe Guide with Over
Mouth Watering Recipes

21 Days of Shopping Lists

21 DaysOf Suggested Meals

A Food Diary

Weekly Support from me



Access to a
Free Facebook Group
With Other
Women Like You
In The Program



Bonus #1 A Free 30 Minute
Session Post Strategy
Session With Me



Bonus #2 Smoothie Guide For
Glowing Skin

*Sign up
Bonus*

5

Smoothie
Recipe
Guide



Investment in Yourself

You Get The Whole
21 Day Program &
Two Bonuses

Only \$97



I would love for you to become a member of my
free Facebook Group

"The No BS Fitness & Fat Loss Group For Women Over 40"

Each week there are challenges, workout videos,
monthly recipe guides, suggested meal plans and more!

I would love to have you as a member.

You can join [here](#).



See you in the group

