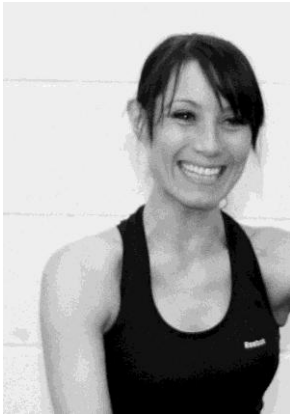


# Fitness Events Media Package

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## Image



## Presentations Available for Booking

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These presentations are available as a

- Webinar presentations
- Live presentations
- Powerpoint presentations
- These are also available as a 1-2 hour workshop

### Loving the skin you're in

As a woman your body is more than what you hang your clothes on, it's more than just a body that carries you from A to B and helps you to fulfil your daily chores and roles as a mother, daughter and partner. Overtime whether you are in your 20's, 30's, 40's etc a woman's bodies can go through so many amazing changes. But often women are left looking in the mirror not recognising their own body, feeling trapped within something that doesn't reflect the inside.

So how can you find your energy, regain your youthfulness and get your sexy back? I will tell you how by 'Loving the skin you're in'. Learn how to lift your energy levels, bring a twinkle back into your eye and become more positive towards you and what you see in the mirror. Learn how to enhance your body, move confidently and most of all enjoy the journey whether you are trying to lose weight or improve your self confidence.

Learn how to radiate confidence, exercise for your body shape and how to eat to improve your mood and revitalise your body.

[www.jackiediss.co.uk](http://www.jackiediss.co.uk)