



## Fit inside and Out

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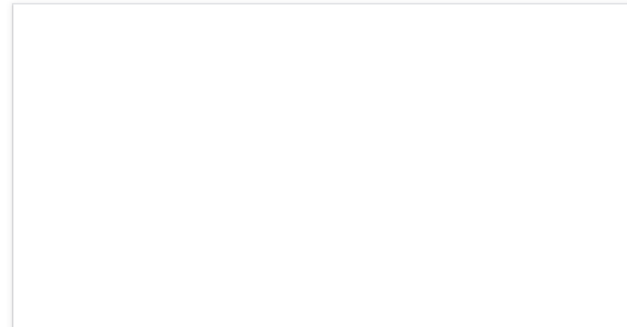


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Day 12 on Shakeology done! Still loving it....so much energy!!!! Its great to help regulate blood sugar and decrease cholesterol levels. You should give it a try! [www.beachbodycoach.com/fitinsideandout](http://www.beachbodycoach.com/fitinsideandout)



### Team Beachbody® Coach Dana Ware | [BeachbodyCoach.com/FITINSIDEANDOUT](http://BeachbodyCoach.com/FITINSIDEANDOUT)

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**Fit inside and Out**

November 19, 2015 ·

So as you see I haven't posted in a while, still dealing with knee injury. I'm having surgery Dec 23rd....yuck! Anyway, although my fitness routine is on hold for awhile I am still drinking my Shakeology shakes everyday. They are still helping me feel so much better, and have so much more energy and making it easier to deal with my fibromyalgia. I'm still losing weight, it's just slower because I am not currently exercising. SHAKEOLOGY is awesome. My 81 year old father started it drinking it daily aa month ago and he has lost 10lbs without any exercise. he says he loves it because it has cut his cravings for sweets and wanting to munch late at night.

Visit [www.beachbodycoach.com/fitinsideandout](http://www.beachbodycoach.com/fitinsideandout) to get some today!



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#### ABOUT



This is about my journey to become healthy from the inside out and I am doing it with the Shakeology and the other awesome products from Beach Body.

[http://beachbodycoach.com/fitinsideandout](http://http://beachbodycoach.com/fitinsideandout)

#### APPS

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#### PHOTOS



#### VISITOR POSTS

**Dana Peterson Ware**

October 1, 2015 at 10:29pm

Check out the Welcome Tab above for details on how you can take the Bach Body Challenge and win \$100,000

[Like](#) · [Comment](#)**Dana Peterson Ware**

October 1, 2015 at 9:33pm

To clarify....this my page about my journey with Shakeology and Beach Body.