



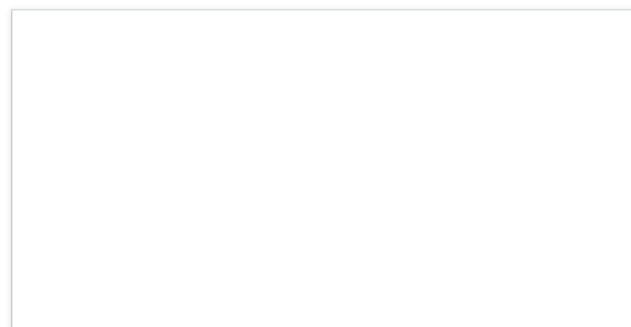
Fit inside and Out

- Home
- About
- Win \$100,000 in the Beachbody Challenge
- Photos
- Likes
- Videos
- Posts

Create a Page

Like Message Save More

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



Team Beachbody® Coach Dana Ware | BeachbodyCoach.com/FITINSIDEANDOUT

Welcome to my Team Beachbody® Web site. As your Team Beachbody Coach, I can help you achieve your health and fitness goals. Please look around my site,...

BEACHBODYCOACH.COM

Like Comment Share

1 share

Write a comment... Press Enter to post.

Status Photo / Video

Write something on this Page...

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 to get some today!



Team Beachbody® Coach Dana Ware | BeachbodyCoach.com/FITINSIDEANDOUT

Welcome to my Team Beachbody® Web site. As...

BEACHBODYCOACH.COM

Like Comment Share

1 share

Write a comment... Press Enter to post.

Shop Now Notifications

170 people like this Invite friends to like this Page

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>

APPS

Win \$100,000 in the Beachbod... (Star icon)

Chat

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

Dana Peterson Ware October 1, 2015 at 9:33pm To clarify....this my page about my journey with Shakeology and Beach Body.