



Michele B Fitness & Running

@coachmicheleb

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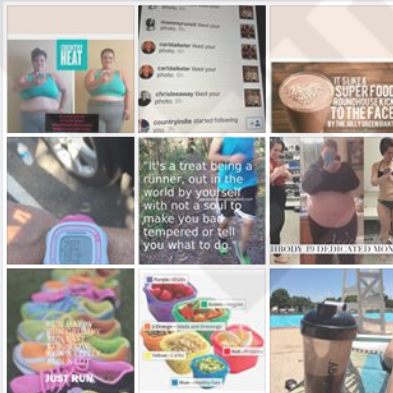
ABOUT

Striving to empower runners, runner moms, all other moms & brides2be w/ a variety of fitness & nutrition

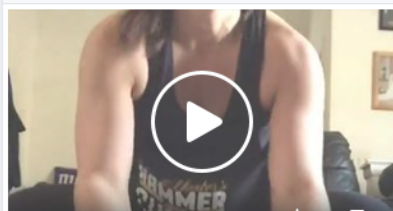
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<http://www.beachbodycoach.com/mbrown913>

PHOTOS



VIDEOS



Michele B Fitness & Running

February 18 · Jackson, NJ ·

So I feel it necessary to address the MANY comments made to me over the last many months about Shakeology and just what these shakes are all about.

For starters, these shakes are NOT protein shakes; they are NOT a supplement; they are NOT made of artificial ingredients. These shakes have been clinically proven, almost 2 years ago, and contain components to lower cholesterol; aid in diabetes; aid in digestive issues...they contain nutrients to boost your immune system, thus, preventing illness more times than not. The ingredients are hand picked from around the world. They contain a combination of antioxidants, vitamins, minerals, probiotics, prebiotics as well as adaptagens and herbal ingredients, such as chia!

The average person works full time, has a family, has a busy life and more often than not, the average person is eating fast food. For \$4/day, you get a HEALTHY meal in one packet or one scoop from a bag and you're full for hours. Why spend more than \$4 for nutritionally poor food??

This video demonstrates just what these shakes contain and provide described by medical doctors. Take some time to watch this video and truly understand that these shakes can help you live a healthy, nutritious life!

<http://beachbodycoach.com/esuite/home/mbrown913...>



Team Beachbody® Coach Michele (Attisano) Brown | BeachbodyCoach.com/MBROWN913

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