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DIC:

SL: Are the strict rules of fitness making you throw up?

Too many fitness influencers talk about dieting: eating less, and end up starving yourself just to see the scale barely move.

Too many of them tell you to avoid eating what you love and start cooking complicated, heavily proportionate meals just to fit the calories goal.

Too many of them praise long hours in the gym, working out from day to night in order to get what you desire...

They all praise endless efforts and time dedication, but never once care about your struggles!!

The extra time it takes to plan, shop, cook, and train is much more frustrating than just ordering yourself a McDonald's after work, especially when you have family...

I'm here to tell you the opposite.

I'm all about comfort, and I can take you on a path of change filled with fun and positivity!!!

There'll be good foods for you to enjoy, and they'll be cheap, fast, convenient, and easy to cook!!

The workouts will be short and tailored to your level, so you won't have to worry about fitting them into some tight space on your schedule.

No need to spend money on any expensive equipment or a gym membership.

No need to expose yourself to the judging eyes of the public.

You'll have the comfort of making changes right in your living room!!

But you can keep going on as before feeling miserable and hating every second of your life,

Or...

You can come with me and enjoy every bit of your fitness journey!!

👉👉 <https://www.lucylismorefitness.com/>

