

## REAL REVIEWS:

M.ASGHAR, MOMBASA:

Hoping you are well. I just wanted to up date you. In 3 weeks I have lost 6.3kgs. Alhamdulillah I appreciate the powder is good, am feeling very healthy. Allah bless you In Shaa Allah

AMBEER, NAIROBI:

Start date: 1st Oct 75.5kgs  
Lost 5.9kgs in one month. Now 69.6kgs.  
Feel good.

ABIDA M, LAMU:

I've almost lost 12kgs. My weight is 118kg. Before I started with you, it was 130kg.

**NATURAL & EASY  
WAYS TO GET IN  
SHAPE!**

**NO MEDICATIONS  
NO SUPPLEMENTS  
NO SIDE EFFECTS**

Online Fitness Studio  
0774-492329



**ONLINE  
FITNESS  
STUDIO**

A Slim You



## ABOUT US

At Online Fitness Studio, we love getting you in shape and of course that's something you love too.

With No Medications, No Supplements and No Side Effects, our methods are 100% Natural and 100% Guaranteed.

Love Your Diet, Love Your Lifestyle.

Talk to us today and see how we can bring you in shape.

**"Thanks to Online Fitness Studio, my jeans and other clothes are fitting me now. It's a great experience."**

**—Pari, Kisumu.**

## OFFERINGS:

### DIET PLANS

Get in shape the tasty way, with yummy diet plans. Your everyday tasty food, the healthy way

### SLIMMING POWDER

With a 100% Success Rate, our all natural slimming power is blended with a world of nutrients. Making you feel good and helping you loose weight at the same time.

### EXERCISE PLANS

No need to gym. Our easy to do exercise plans are ones you can do at home at your convenience.