



*eat2fit 9ja private coaching*

PIC•COLLAGE

I had to step on the scale twice to be sure of what I was seeing. I now weigh 120! 3.5kg lighter than 2 weeks ago when we started!



I don't go use the ginger/joy exercise and here's a picture of my sweaty face saying good morning and thank you 🙄💋

6:37 AM

Good morning sweetheart 💋

7:23 AM ✓✓

Eat2fit 9ja

Good morning ma 7:34 AM

Ma this is my picture, there is a very big difference, especially on my health because i was diagnosed of obesity, kidney stone, migraine headache, infact i thought my village people have for my life, to the extent i went to many hospitals, even UCH, yet all the drugs they gave me is not helping issues at all.

But my testimony today is, since i started this keto diet i have never taken any medication, no body pains, no more headache, no more back/waist pain,i feel lighter, smarter, strong.

Thank to keto 🥰🥰

Hope we continue next month

7:59 AM

Naaaa 1:39 PM

I'm very fine 1:40 PM

This is the smoothest keto I've done

1:40 PM

This is the smoothest keto I've done



1:41 PM ✓✓

I'm very fine



1:41 PM ✓✓

Eat2fit9ja



## You • Eat2fit 9ja August Bootcamp

Good morning beautiful people.

A rare privilege that we made it to this morning....

Enjoying my meals oo

Infact, seeing changes already

I feel light all, and tommy going down.

Eat2fit 9ja

5:09 PM

Babe, I am down to size 36 🥰👉



8:24 AM ✓

I started my weight loss journey on Monday, when I see some of my old clothes are beginning to fit back. I went to the place I told you I saw a baggy jeans 36 that didn't size me

8:26 AM ✓

It fits!!!! 8:26 AM ✓

**Eat2fit 9ja**

**Eat2fit 9ja**

**Eat2fit 9ja**



I am so happy...  
I will continue with this,  
maybe I will go back to size



Good morning sis. My facelift dey blow my head 🤪👯👯👯👯. Chai fat is a bastard....see fine babe naa 🤪.

7:01 AM

**Uzoma camp**

Good morning sis. My facelift dey blow my head 🤪👯👯👯👯. Chai fat is a bastard....see fine b...



I'm blushing on your behalf 😂😂

9:12 AM ✓✓

Good morning dearie 9:12 AM ✓✓



**Eat2Fit**  
...eat your way to fitness & health  
9ja

**Presents**

**The Journey to a Healthier, Vibrant You!**

**Features:**

1. Tailored meal plans
2. Natural detox programs
3. Skin-nourishing recipes
4. Professional support

**Achieve your goals with personalized plans and holistic support. Let's redefine your health!**



**09057090077**



**Eat2Fit 9ja**

**Eat2Fit9ja, eat your way to fitness and health!**