

Helping you live more!™



[www.jilltiffany.com](http://www.jilltiffany.com)

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## **Testimonials from my At-Home & Next Step Challenges**

*"Loved the daily emails - made me exercise even when I didn't feel like and then was glad I did exercise!" – B.R.*

*"I would recommend the Challenge to ANYONE out there!" - K.I.*

*"I absolutely LOVE your menus and workouts; it's a breath of fresh air!" L.A.*

*"The menus and exercises are so effective – this has changed my life. I feel better than I have in years!" J.G.*

*"I lost 15 pounds, but the best part was the great test results from my last physical!" G.H.*

*"I just wanted to say a personal thank you. I have learned a lot from you this past month." E.L.*

*"The menus are great - I really appreciate the exercises I can do at home." – M.K.*

*"Thank you for your encouragement to continue to be healthy." – K.S.*

*"This is a great program for me. IT WORKS!!" – S.C.*

*"Thank You soooooo much! We are already noticing that our clothing fits us differently." E.C.*

*"I have certainly improved my diet thanks to your easy-to-follow menus; I've lost 10 pounds just by changing my eating habits." – K.A.*

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