

Embrace The Total You

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Welcome to the Ardyss Challenge. I am Fayola. I am from the Riverview, FL area. I decided to join Ardyss due to my frustration and aggravation with predetermined income, unnecessary stress, and the motivation of being an successful entrepreneur in something that I enjoy doing ; that is creating a vision that allows others to see their potential and embrace their total you whether it is Health or Wealth or Both.

Living longer being stronger and determined to be healthy.

No Excuses, No Complaints! Just ask How? There is one solution and that is for you to Take the Challenge! How can I help you get to your desired look and feel. Share your challenges and I will share the secrets. Lets kick start 2010 with getting in shape and being healthy for a lifetime. I will have a personal trainer available to also assist in a work out schedule to keep you on track. Keep checking back for news and updates. embracethetotalyou@gmail.com 813-389-7599.