

Zumba Fitness Weight Loss Plan

update dec 2018 jan 19 hampton - re-creation trackside - staffed hours body weight, free-weights, steps, kettle bells, slam ball and and sustained postures to encourage deep relaxation and 1 hour class conducted on plates reformer beds. **leicestershire nutrition and dietetic services** - **Inds** - weight loss is achieved when the amount of energy you burn up is greater than the amount of energy you take in (from food and drink) increasing **live well with on-the-spot savings - pebtf - home** - quality health plans & benefits healthier living financial well-being intelligent solutions live well with on-the-spot savings 00.02.333.1 j (8/16)

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