

CONTACT US



facebook.com/DublinShapeUp



@befitclubeire



Cindy@BeFitClub.ie



Inner Body Scan weekly



086 331 5519



Lantern Centre
15 Synges Street
Dublin 8



www.BeFit Club.ie

"Our main purpose is to help you improve your health and general well-being using positive reinforcement and proper training and technology."

Our Health; Our Wealth

-Cindy Segura

BeFitClub.ie

BeFitClub.ie

LOSING WEIGHT MADE EASY AND FUN



*Education is a key for
Eradicating Obesity*

WHAT IS BE FIT CLUB?



Be Fit Club is an organization devoted to eradicating obesity by educating our members about how to conquer it. Losing weight is hard when you don't know where to begin. And many people don't know where to begin because they've never been taught about nutrition, how to be active, or how to eat right. At Be Fit Club, we teach our members all of this and more. We will tailor and customize a weight loss programme to your specific needs, in order to have you losing weight and feeling incredible in no time with lifelong results!



Benefits of our programme

Our programme is designed to help you transform **your mind, body, and spirit forever**. We want you to walk away feeling amazing about your progress, but also with the knowledge of how to continue your success down the road.

That's why our members graduate our programme with more than just having lost a few pounds and stones!

What you get;

- ✓ **Proper digestive health**
- ✓ **Losing 2-4 lbs of body fat per week**
- ✓ **Making friends and group support**
- ✓ **Gaining Muscle Mass**
- ✓ **Nutrition and fitness plans for the future**

Our Cutting Edge Programme Sheds the Competition

The best part of technology is that it can be leveraged to help you lose weight and live a healthier life. Our private, computerized body composition test tracks your results, week in and week out, on all the different aspects that link you to a healthier, lighter life. These analytics help us provide you the maximum amount of assistance and ensure that your metabolism is being pushed to its limits. It also helps you maintain lifelong results.

The body composition test evaluates:

- ✓ **Metabolic Age**
- ✓ **Weight**
- ✓ **Visceral Fat Indicator**
- ✓ **Body Fat Percentage**
- ✓ **Muscle Mass Percentage**
- ✓ **Hydration Level**
- ✓ **Bone Mineral Mass**



Meet Cindy Segura
Founder of Be Fit Club

Cindy Segura is a woman on a mission. A mission that she believes will change her loving heart country of Ireland into a Free Obesity Country. Leading by example Cindy has helped hundreds of people to become healthier and better versions of themselves.

Her passion for nutrition and love of helping people has no match. As a NLP Licensed Practitioner, Cindy has been trained in Nutrition by award winning doctors.

In 2013 she was involved in the Free Fitness Class sponsored by Dublin City Council.

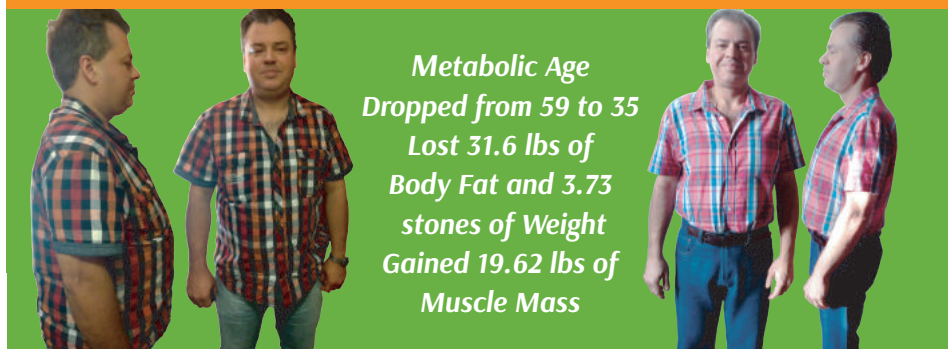
Cindy was invited to collaborate with TV and Radio stations in Dublin



Søren Stuhr Mandrup
Compliance Analyst at PayPal

"Cindy is very passionate and a highly-skilled wellness instructor; which I can warmly recommend. I have been going to her classes and wellness teaching for more than a year and a half now and I absolutely love it. Cindy is very supportive, helpful and down-to-earth in every sense, which creates the perfect relaxed atmosphere."

Jose from Health in Risk to a Healthy One



OUR MEMBERS LOVE Be Fit Club!