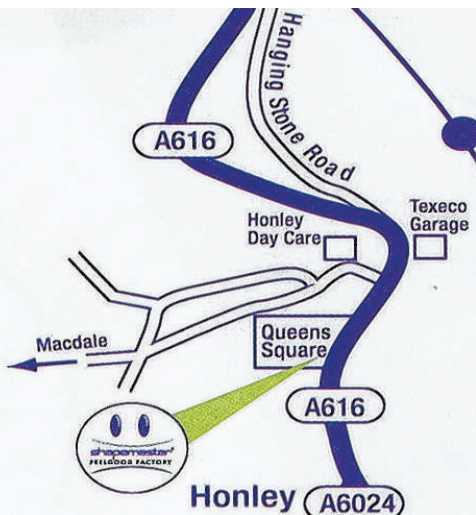


# Health, Beauty & Fitness

Featuring  
**Feelgood Factory**



## Feel good and get fit



AS well as celebrating its fifth anniversary earlier this year, Honley's Feelgood Factory now has even more to offer its members.

Along with a gentle but effective exercise regime, the Feelgood Factory is now offering a weight loss programme of high protein shakes and meal replacement bars.

Rachelle, who runs Feelgood Factory, says many of her ladies are successfully combining the exercise and weight loss system and enjoying excellent results.

She said: "We are now an official distributor of Herbal Life weight loss programme which offers our ladies meal replacement options to enjoy along with a healthy nutritious meal in the evening."

"This is an optional extra for any of our members who are trying to lose weight." The Feelgood Factory also has a new Crazy Fit vibration machine which has been shown to successfully help circulation problems and osteoporosis as well as tone and help inch loss.

Starting soon in September, the Feelgood Factory will be starting a new feature on the third Friday of each month called Flabulous Friday. This will feature various offers for members and friends, as well as nail and beauty sessions and Christmas gift stalls etc.

The Feelgood Factory is open seven days a week and offers a gentle exercise regime using a variety of Powertone and Easytone machines



Ladies enjoying the gentle exercise at Honley's Feelgood Factory

which work on different areas of the body.

Ideal for ladies of any age, weight or fitness level, the Feelgood Factory is situated in Unit 20 of the Queens Square Business Park complex at Honley and offers very effective low level exercise which is ideal for getting back into shape or keeping in shape.

Each session lasts just under 45 minutes and involves a few minutes on each particular piece of equipment.

No special clothing is require - ladies generally just wear comfortably leisure clothes.

To find out more information about the Feelgood Factory, ring 01484 666674 or call in for a visit.

See what a difference it can make to your life, fitness and general well being.

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