

TWO WEEK VITALITY FAMILY CHALLENGE BY TOP DIETICIAN AMANDA URSELL

Submitted by: Traffic

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A new two-week Vitality Challenge created by Amanda Ursell, top dietician, award-winning journalist, television presenter and author is now available. This brand new two-week challenge for the whole family focuses on going back to basics. Encompassing enough advice and recipes for two weeks complete with healthy eating plans, fitness and hydration targets helping families to feel more energised and maybe even lose a few pounds for those who need to as Summer approaches. The plan comes with easy hints and adaptations for each family member - cutting the fat content for some and increasing for others.

High resolution photography available to accompany the plan.

Twenty families from all over the country have volunteered to take the challenge and will blog as they do so.

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