

PRESS RELEASE

Life Coach Nafsika:

Transforming How We Shape Ourselves

Investing time and money into changing your body isn't always easy. But now it can be. Nafsika Antypas, the host of the first vegan lifestyle TV series, "Plant-Based by Nafsika," is offering a deal of a lifetime--one that can literally change your life. Her "Total Transformation Discovery" session will be available for free starting now in December 2017 through March of 2018.

The Total Transformation Discovery session helps you answer key questions: how to get over whatever is stopping you from obtaining the body you want; how to be guided by your vision for your body transformation; how to avoid particular foods and lifestyle habits that stand in the way of your goals; and how to follow a step-by-step plan to undergo a total body transformation in 90 days or less.

Nafsika became a Health & Lifestyle Coach after years of study of psychology, nutrition, and optimal performance. She has cultivated the right system of support and accountability to help anyone make a total body transformation. Her goal is to help people break old habits so that they can lose weight while gaining energy, focus and health. In short, she helps them achieve their goals — and make the results last.

FOR MORE INFORMATION, PLEASE VISIT
NAFSIKA'S WEBSITE: WWW.NAFSIKA.CA.