

# *Change your Mind. Change your Body.*

*Meet Lazo Freeman on Saturday 26<sup>th</sup> January, 10am - 3pm*

**Body  
for  
LIFE™**



*Before*



*After*

*Lazo Freeman: Qualified Personal Trainer  
Body-for-LIFE Champion 2004  
Natural Bodybuilder  
Muscle Mania Champion 2007*

*Find out how Lazo changed his body and his life with EAS and the 12-week Body-for-LIFE programme at Shop Physical, Unit 8, Abergarw Trading Estate, Brynmenyn, Bridgend CF32 9LW on Saturday 26<sup>th</sup> Jan*

- *Discuss your training and nutrition*
- *How the programme can change your life*
- *PLUS FREE giveaways*

**Shop  
Physical**  
Helping you achieve your physical goals

**EAS**  
ENERGY · ATHLETICS · STRENGTH

For more information or any enquiries, call 0800 0234 810