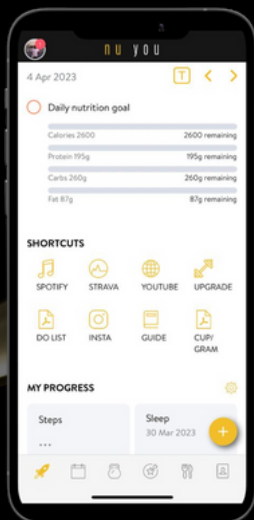
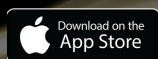


DISCOVER THE NU YOU



£9.99 per month,
Challenges included
No contract

(10% of NU memberships
goes to charity)



The all-in-one Fitness & Wellness app:

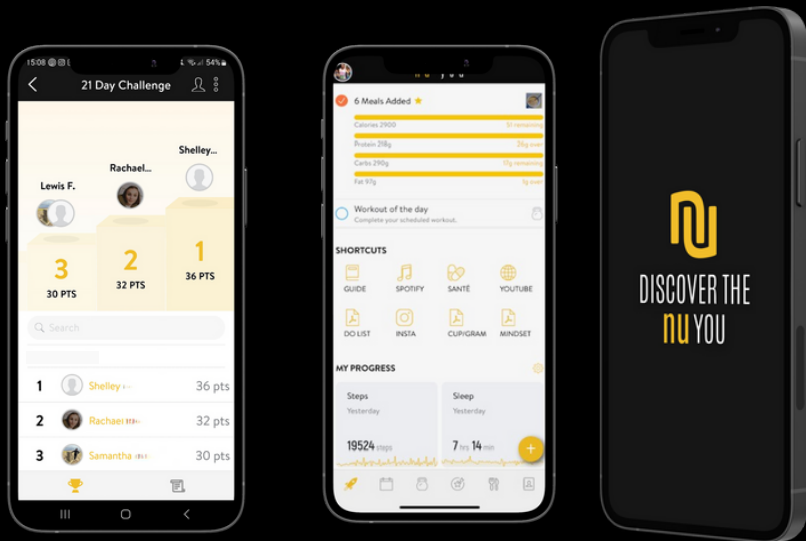
Custom diets
Workouts
Mental health
Community and more

www.the-nu-you.com

NU YOU 21 DAY-CHALLENGE

BE PART OF THE

#NUMOVEMENT



WHAT YOU GET:

1. A personalised diet plan
2. Adaptable workout routines
3. Weekly inspirational videos from NU founders Jordan and Marta
4. Empowering mindset content from our dedicated counseling psychologist, Deborah Grant
5. Build sustainable habits and reach your personal goals

REWARDS:

1. Earn valuable points for each logged activity and nutrition entry
2. Incredible prizes to be won.
3. Stay tuned for more surprises in our posts and stories

GIVE BACK:

1. 50% of your £40 investment goes directly to the chosen charity that challenge
2. Transform your life with NU and make a positive impact to someone else's life

TRANSFORM - WIN - DONATE