Media Jelly publish Mobile Lifestyle Fitness Training eBook

Friday 6 November, 2020

Media Jelly, a creative design and marketing agency are very pleased to have been working alongside Cat Muonga from the beginning of the launch of Norwich based company, Mobile Lifestyle Fitness Training. We have worked together on building a brand, developed a website built a strong social media presence. We are now extremely excited to have just launched her brand new eBook, *More Than Just Exercise*.

More Than Just Exercise features a six-week training guide, as well as tips on mindfulness and how to change your eating habits for a healthier, happier you. The book is full of valuable tips and tricks from Cat herself, who has been training for over 16 years and overcome an unhealthy relationship with food. Cat is using her own experiences to help others get fitter and healthier, in just six weeks!

The six-week training plan offers you a day-by-day activity chart which focuses on full-body workouts, as well as time to practice mindfulness - something which Cat believes is a fundamental part of a healthy lifestyle. Both beginner and intermediate training activities are included in this eBook, meaning it is perfect for all levels of fitness. The book also offers a comprehensive guide to a healthy eating plan, including a 3-day example meal plan.

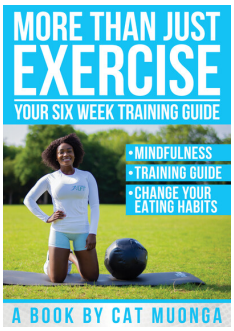
Cat Muonga has a wealth of qualifications including Level 3 Personal Trainer, Mental Health Awareness, Advanced Nutrition and Weight Management Diploma and more. Find out more about Cat's experience and qualifications here.

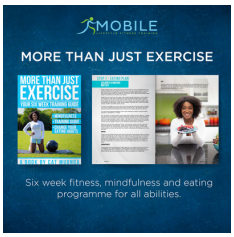
More Than Just Exercise is on sale now and is available to purchase on both the Kindle Store and Mobile Lifestyle Fitness Training's website. It will soon be available to purchase on Apple Books.

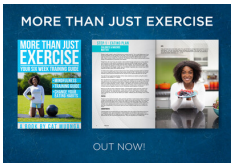
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