

# Marie Murphy Health & Fitness

Consultant Exercise & Nutrition Specialist

Former Irish Olympian

## Christmas Gift Voucher

Start the New Year with a personalized training programme

€15 off scheduled appointment

Consultation €50 with voucher

- Resistance training analysis
- Nutritional status analysis
- Personalised exercise programme



To schedule your appointment please call 085 196 5468 or email  
[murphyprogramme@gmail.com](mailto:murphyprogramme@gmail.com)

[www.mariemurphyhealthfitness.com](http://www.mariemurphyhealthfitness.com)

2015

Expires 31/1/2015