

"I do activity at home because it's a fun way to look after myself and my family."

Naheed, 50, from Allerton, Liverpool

Naheed struggled with really high cholesterol until she decided to get active and change her life for the better. Now she's reduced her cholesterol, boosted her energy levels and become a great role model for her children.

Join in with FREE local activities, special offers and motivational support at FitForMe.info



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