



Phone: (021) 5565553

Fax: (021) 5565554 / 0866171335

E-mail: info@alimenti.co.za

Website: www.alimenti.co.za

Here's to a blessed 2009!

Hi there to all you wonderful and faithful health bite readers.

Welcome back and may 2009 be a very healthy, blessed and prosperous year. May you prosper, and be blessed, in your spirit, soul and body.

To kick off this year I would like to encourage you to pick up on your exercise, water intake and food habits and to work hard to get your body back to what it should be. Remember a healthy body is a wonderful gift; there are many sick people with all sorts of diseases that would like to have your body, so look after it.

Come on, get up and get moving, get back to your program and have a good week.

Until next time have a blessed (and active) week!

ALFIE