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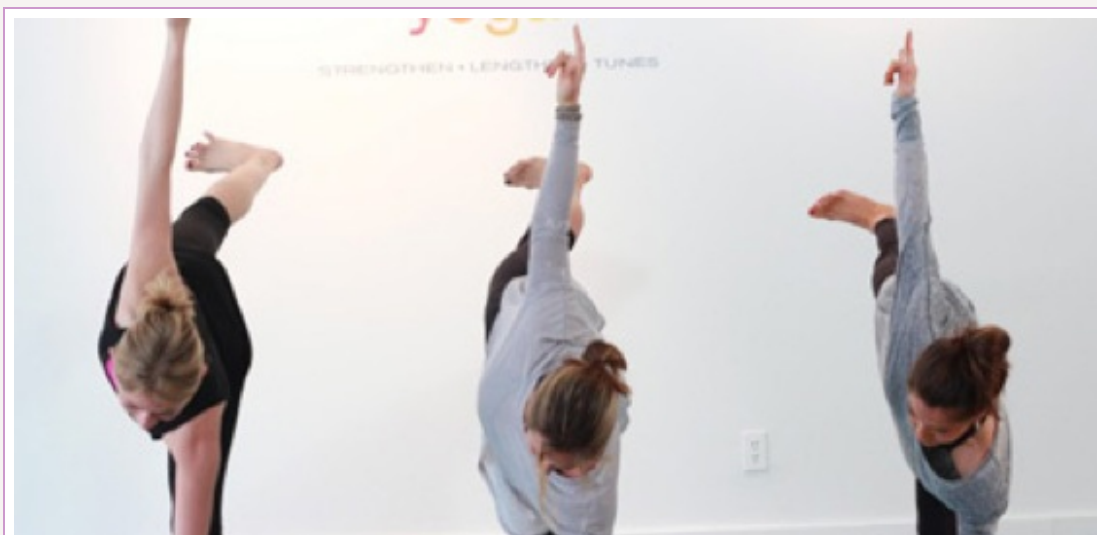
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GOODSWEAT

Thursday, December 27, 2012

6 January workout programs to set you up for the fittest year ever



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Goal: A cleanse that gets you eating right and moving more

Program: A week-long program that includes SLT Yoga, a food cleanse, and a session with a top nutritionist

Need to step up your number of workouts and clean up your eating? This approachable week-long program makes it "easier to incorporate than a New Year's resolution or dramatic life change," says Erin Jacques, founder of SLT Yoga. It includes seven days of unlimited [SLT Yoga](#) classes, a five-day [Gingersnap's Organic food cleanse](#), and a private consultation with nutritionist [Sharon Richter, RD](#). Kick off is Sunday, Jan 13 at an optional 5:45 yoga class, where you can meet all three program experts. \$400, gocleanse@gingersnapsorganic.com

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