



**Fiona's daughter Faye Ledwith
ex-Great Britain Team Member
(ranked 5th in country)**

Leaping to success

by **Fiona Ledwith**
Distributor, Gymnast Coach

I retired from nursing to look after my family, particularly my daughter who became an exceptional gymnast. I am also a fully qualified gymnast coach along with my son Ian.

However, this is about my daughter Faye and her fellow gymnasts. Faye worked extremely hard to earn her ranking of 5th best in the country and became a successful member of the Great

Britain Team. An achievement I am extremely proud of.

The unfortunate thing about this was I was not introduced into FLP until after she retired - how I wish we had the products when Faye was competing and training. **Aloe Activator** is fantastic when doing continual 'A' Bar work which leaves hands at best sore, at worst bleeding from the holes worn in them - coaches do not consider this a reason for stopping.

Aloe Gelly is perfect for friction burns usually when they fall from the beam or badly onto it. **Aloe Heat Lotion** - wonderful for easing pain and aiding recovery for sprains/ strains as with many sporting activities.

Aloe Vera Gel a must for all Gymnasts to aid inner body health and give energy, as they work very hard at becoming flexible and improving body strength. The new revolutionary **Forever Freedom** drink will help keep joints and soft tissue healthy, enabling them to maintain their training schedules with less chance of injury. Gymnasts have to work hard at becoming flexible and improving their general body strength.

Another problem with Gymnasts is keeping their weight down, so all the girls are on diets. Even though Faye no longer competes she is still weight conscious, and, like all young women, now enjoys all of the good things in life, eating and drinking etc. She has found that **Garcinia Plus** is fantastic for keeping her body fat low. She has also introduced this to ladies at the fitness gym where she works and they are all extremely pleased with the results.

I myself intend to recommend the products to all the gymnasts and colleagues I know so they can have a less painful time than Faye in the sport they all love so much. So the crusade for quicker healing and less discomfort starts here! Thank goodness for FLP ■

Fiona Ledwith

Tips for Sporting Success

NEW Forever Freedom - for healthy joints and soft tissue, with minimal risk of injury. (See p 4-5 for details)

Aloe Drinking Gel - helps with body strength, energy and stamina during training sessions.

Aloe Vera Gelly - great for easing friction burns after heavy 'beam' work.

Aloe Heat Lotion - eases joint pain from strains and sprains that can occur.

Garcinia Plus - helps keep the weight off and body fat levels low.

