WE'LL GET YOUR BRANDS IN SHAPE FOR THE NEW YEAR

Over the Christmas period, the average person consumes an additional **500**

calories per day

The average weight gain between Christmas Eve and New Years' Day is **51bs**

More than 1/3 of us take **4 months** to lose the additional

weight gained

The over indulgence continues until **2nd January**

Average person consumes **6,000**

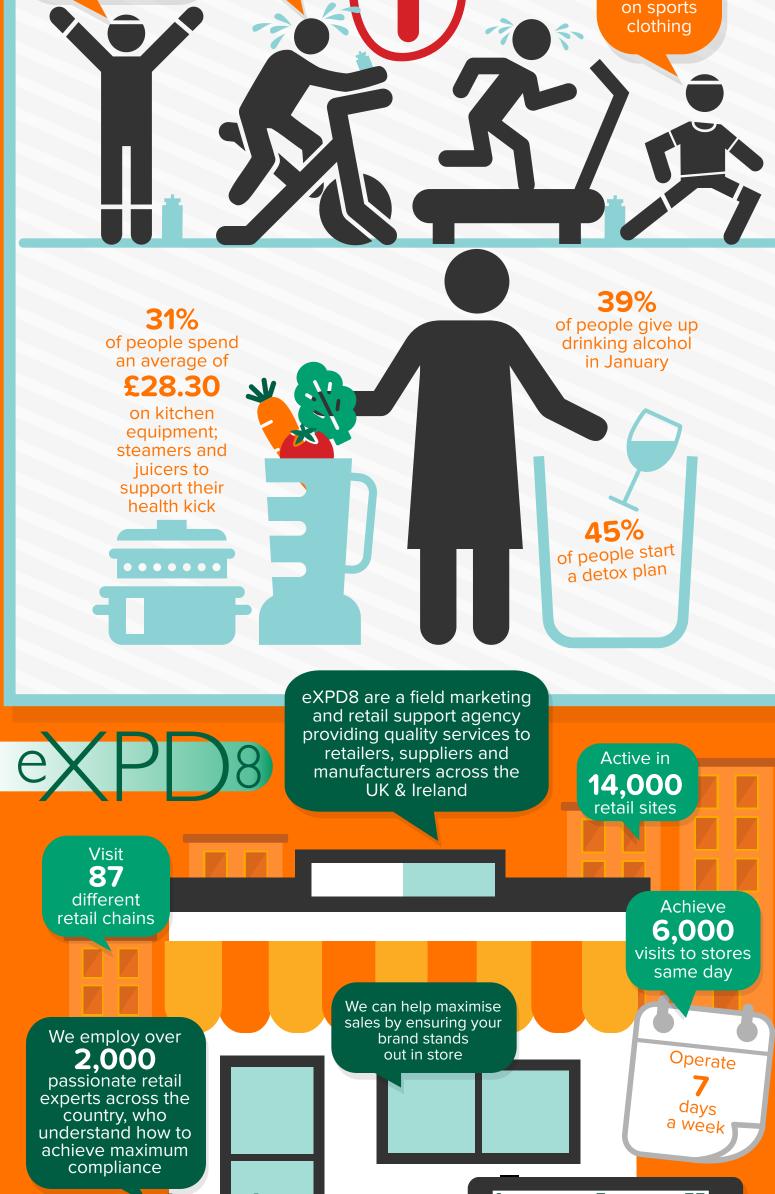
calories on Christmas day, with Boxing day and New Years' eve being the 2nd and 3rd highest days for calorie intake

Getting fit in **JANUARY**

January is **"diet season"**

4 in 5 people will start a health kick at the beginning of January

New gym members splash out £56





Get in touch to see how we can help drive sales for the New Year

hello@expd8.co.uk

