



## No Tricks

You are SO worth it!

**THERE ARE NO TRICKS  
THERE IS ONLY  
HARD WORK. EATING  
HEALTHY FOODS &  
NEVER GIVING UP.  
I REWARD MY BODY  
WITH TRAINING HARD  
& EATING CLEAN  
BECAUSE IM WORTH IT**

Faithfully Fit,

Keith Franus

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Franus Fitness can also be seen on Instagram and Facebook.