

Getting Started Quick Guide

Welcome to My Community. I'm delighted to have you here. This Getting Started Quick Guide has everything you need to choose where to start on your healthy lifestyle journey, but if you're still not sure, feel free to reach out to me - I'll be happy to advise you.

Step 1: Download My App

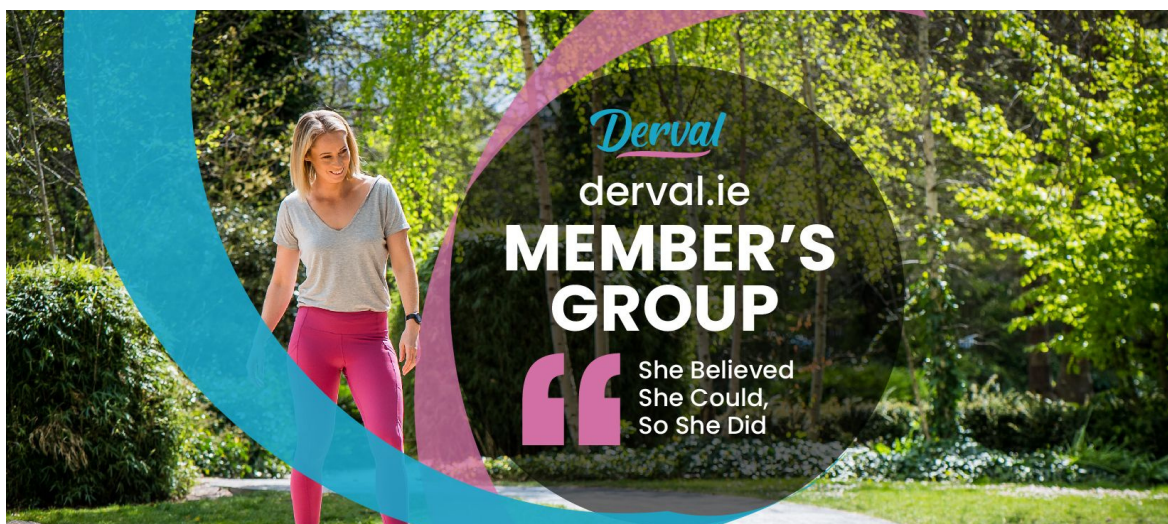
Now that you have started your free trial and subscription with me, you're ready to download my amazing App. Click the relevant icon below to download the App
Some App benefits include:

- Hundreds of Workouts
- LIVE Fitness Sessions
- 350+ Healthy Recipes
- Super Easy to Access
- The app is the next stage of evolution for our members
- Available on both stores
- App remembers you for up to 14 days



Step 2: Join my Private Members Community

My community is a great way to get involved with other members and stay motivated. With daily posts of people's progress, favourite meals & workouts, the group is always active. This is where the LIVE Sessions take place each week. [Click here to join](#)



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Step 3: Choose a Plan or Challenge to Get Started with:

I have workouts & challenges for all levels & ages:

- **Beginners**
- **Advanced**
- **Pilates/Yoga**
- **5 Min Fitness for when you're short on time**
- **& much more**

Click the area below that applies to you the most:

I'm a
Beginner

I'm
intermediate
/advanced

My Goal is
Weightloss/
Toning

I'm
Pregnant

I'm Looking
for
Pilates/Yoga

I'm Short
on Time

Other Popular Areas:

Click on any of the below to go directly there on the site:

- [My Challenges](#) - Current, Upcoming & Previous Challenges available here.
- [LIVE Sessions](#) - catch up on previous live sessions done by experts.
- [Family Friendly Recipes](#)
- [Vegan/Vegetarian Recipes](#)
- [Lean Recipes](#)
- [Under 10 Minute Pilates](#)
- [Mindfulness Audio Meditations](#)
- Your [Member Hub](#)

If there's something in particular you're looking for, please don't hesitate to reach out to me on team@derval.ie