

CONTACT
Martin Beckley: 07977 471919

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THE MIRACLE BOX™ GETS EVEN BETTER!

Complete exercise/birthball package to include new Pelvic Floor DVD

A fitter and healthier pregnancy, an easier labour, and a faster return to their pre-pregnancy body is something all new mums dream about. Well it's just become a reality with the launch of the brand new version of **The Miracle Box™**.

After conducting extensive market research, and listening intently to feedback from retail customers and the trade, the team behind **The Miracle Box™** are launching an updated version of the popular product. The new version will include the previously unreleased DVD '**A simple guide to core and pelvic floor exercises**' by specialist pregnancy and postnatal exercise consultant Mark Hibbitts, founder of **Newborn Fitness** www.newbornfitness.co.uk.

The DVD includes important and useful information such as:

- Stress incontinence and the importance of pelvic floor exercise
- How to locate and exercise your pelvic floor muscles
- How to self check for abdominal separation
- How to perform safe and effective core exercises after childbirth

And a great deal more! Added to that the box includes

- 1 high quality anti-burst exercise/birthing ball
- 1 fast dual action pump
- 3 exercise wallcharts, for pregnancy, postnatal and advanced exercises
- A £10 voucher from Totally Fitness
- Pregnancy wardrobe tips and a £10 voucher from House of Colour
- £5 off products from SunSpa, the art of sunless tanning
- Unique online virtual human exercises to download to your PC

And all for a RRP of £29.99

The newly packaged Miracle Box will be ready in mid July. To avoid disappointment visit www.themiraclebox.co.uk and order yours NOW!

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To obtain trade prices or place advance orders please call Martin Beckley on **07977 471919** or email martin@themiraclebox.co.uk