



DATE:

TIME:

WHERE:

CONTACT:



www.saraborgstede.com

Hear Sara's story of how she...

- ❖ Overcame life-long eating issues.
- ❖ Enjoys exercise.
- ❖ Loves who she is!

Tips & Secrets for your
own fitness journey.

Inspiration & Hope!



Sara Borgstede

Denver, Colorado

Will swim, bike & run for
peanut butter cups.
100lb weight loss.
Real wife.
Super real mom.