

# YOUR HERRCO TEAM IS FIT!



Exercise. Yes it can make you look great – younger, fitter and thinner – but it can also dramatically improve your health, and help prevent conditions such as heart disease, diabetes and cancer.

Not only does it do wonders for long term health but it also boosts energy and positivity – that's why the Herrco Cosmetics team is receiving free weekly fitness sessions.

We value the feel good factor of our employees and we value the service they provide to you... and if you're ever in Suffolk on a Saturday morning, feel free to come and join in!

