

FEBRUARY CHALLENGE 2021



TRENDY
FITNESS

-23.2kgs

So much confidence, and a great knowledge of all the things I need to live a longer healthier life. And I gained lots of new friends :)



2nd PLACE



-29kgs

I have gained the knowledge of what I need to do to live a fit and healthy lifestyle. Coming into this challenge not only did I make poor food choices, but my portion sizes were way too big. In the past 12 weeks I have learnt that I can do it, I can make time, I can lift that weight, I can lose weight and I can reach my goals. Thank you Trend.



-13.5kgs

I have gained a sense of pride in myself. Confidence that I can make a dream a goal and achieve that goal. Confidence in the gym and not that dreaded feeling that I don't fit in. Increased strength and fitness with a desire to continue to progress well after this challenge has finished.



TOP TWELVE



-16kgs

I gained my health and well-being back and friends that will last a lifetime.



TOP TWELVE



-18.1kgs

This challenge has set me on the right path for my health. I still have a long way to go in my weight loss journey but I'm feeling so much more confident in myself and know now that I can do it.



TOP TWELVE



-10.5kgs

Losing weight, gaining fitness and feeling so much more comfortable in my clothes.



-20.1kgs

Some amazing knowledge about health & fitness. The power to know that I CAN do anything I set my mind to.



-5.5kgs

I gained knowledge and confidence in the gym using the equipment! & knowing I can stay consistent with my food intake! I lost more than my goal weight which is amazing! My biggest gain though is having an overall healthier lifestyle for me and our children 😊



TOP TWELVE



-15.2kgs

I gained energy and confidence which helped me at job interview and winning a new role, gained new gym/health minded friends to continue through into the next 12 week challenge, and lots of compliments at my niece's wedding. I've worn dresses for the first time in 10+ years and starting to enjoy clothes shopping again!



TOP TWELVE



-10.4kgs

A lot more self confidence. How to set achievable goals for positive changes by being accountable and focusing on mindset . My PT has said to me the only person I need to beat is the person I was at the beginning of the challenge. I can honestly say I have succeeded in this by always pushing myself out of my comfort zone and trying new challenges . This is something I would not normally do . I feel very proud of the achievements I have made and will take so many great memories from this . I have met some truly inspiring and amazing people along the way . Thank you Trend Fitness for making this possible.



-8.5kgs

This is my second challenge and I am so glad I did this. I feel like I hit the ground running and have never been so focused to do so well at something in my life. This was for me, to see what I could do with my body, to push myself in body and mind whilst hoping that my determination stayed strong and trusted the results would come. Having Dee as my PT was the best decision I have ever made too. I realised that this was an investment in myself and I was worth investing in, that alone was a change in mindset I have never felt worthy of before.



TOP TWELVE



-13.3kgs

The 12 week challenge has been a game changer for me. I have gained new knowledge, skills and habits with my eating which has affected my Health immensely. I have regained my love for the gym and have developed better technique, stamina and strength. My confidence has increased significantly, both with how I feel and look but as well as my interactions with others. Finally I have become a more energetic and positive mum and wife and feel like I have gained a happy and balanced life style.