

AUGUST CHALLENGE 2021



GRAND CHAMPION

TRENDY
FITNESS

-11.8kgs

I achieved everything I set out to. I lost weight, I gained energy and confidence. My back pain became a lot easier to manage as well. I'm looking forward to the next one and smashing some more goals!



2nd PLACE



-20.6kgs

Quite simply I have gained my life back. My weight was out of control at the start of the year. I now have the tools and knowledge of how to live a more balanced, and healthy lifestyle. Not only have I lost weight, but I've gained muscle mass, aerobic fitness, stamina endurance and persistence. Now I can be a big kid and run run around with my daughter





I gained the self confidence and knowledge that yes I can actually do this and put myself and my health first. This challenge has been what I feel is a turning point for me, I feel like a switch has changed and my health, fitness and lifestyle are finally for the first time in my adult life in my control. Not only have I found the will and commitment to be consistent in my exercise routine but have started doing things fitness related out of the gym for my own enjoyment!



TOP TWELVE

-21.7kgs



I struggled mentally at the start of this challenge, it was hard to get back into the routine after letting myself go between this challenge and the last. I needed some focus and had to set some personal goals, to get my mind back on track!!



TOP TWELVE



-10.3kgs

I know it sounds cliché but this challenge saved me... I was borderline alcoholic before this challenge and I have definitely overcome that. I am feeling more myself than I have in a very long time! Fitting back into my pre baby clothes which I was beginning to think would never happen again and had even accepted it! I had almost given up on myself and my appearance. Now I have the confidence to do things I've always wanted to and actually living life, never been prouder of myself!



TOP TWELVE



-15.2kgs

What I gained from this challenge is that anything is possible, and a better understanding of food and what exercises work best for me I really enjoyed this challenge and I am very proud of my results, I managed to succeed at a few exercises I never thought possible eg pull ups and push ups. Here's to a new found love for working out and eating healthy.



TOP TWELVE



-13.3kgs

Before I started this challenge, I struggled with my weight and view on life. The challenge has changed my life massively, it has given me a structured lifestyle and motivation to keep moving forward in my weight loss journey. The challenge has given me a lot more confidence to dress in something other than oversized jumpers and trackies. Thanks to everyone who helped me get to where I am. <3



TOP TWELVE



-9.3kgs

This challenge I have gained an increasing love for myself. I will continue to work on that. It's only been in the past couple of weeks that it's really sunk in that I am making head way and feeling really good about myself. I smile a lot more these days. The physical gains are that my cardio fitness has increased. I see muscle definition in my arms and legs. I feel stronger, and love the gym lifestyle.



TOP TWELVE



-14.9kgs

I gained a mindset “reset”. I always loved to train but now I am understanding the complete package. It also cemented my love for training and fitness further so much that I will be studying my cert III & IV in 2022 to take it to the next level!



TOP TWELVE

TRENDY
FITNESS

-11.3kgs

I've gained more knowledge and understanding of diet, weights and cardio. I'm learning to appreciate cardio more as it is something I require in my everyday life. I can do Metafit by choosing to do some of the alternative moves. I lost the winter weight I had put on and got some muscle definition. Something I can continue to develop. I've learnt to face my fears and give things my best shot on any given day. I may not always achieve as much as I want to but at least I gave it a decent go. I also learnt as much as in the back of my mind doing a 35km walk really scared me and I doubted being able to do it. I did it! I may not have achieved all I wanted to I'm happy with what I have achieved. I'll continue to workout, eat a reasonably healthy and continue to learn.



TOP TWELVE

-11.7kgs

**TRENDY
FITNESS**

So much confidence, and a great knowledge of all the things I need to live a longer healthier life. I needed to reset myself after turning 50 and letting weight creep on over the past couple of years. The challenge gave me the accountability, structure and tools I needed to focus on getting the result I wanted. I loved the change of workouts every 4 weeks, the meal plans and the Sunday sessions which felt like being a part of a little community! The gym is great and not too busy and the classes are awesome. I have met lovely people and look forward to continuing with my health and fitness journey. So glad I did it, thanks to everyone involved and I can highly recommend it if you are serious about changing your habits! And I gained lots of new friends :)



TOP TWELVE



-15.1kgs

I gained so much more than I thought I would, the energy I have, my increased fitness levels and just being happier but the biggest thing I gained is the mindset and knowledge to be able to continue my weight loss journey after this challenge has finished, nothing is going to stop me now from continuing this journey and hitting my new goals.