

FEBRUARY CHALLENGE 2017



▶ A BETTER OUTLOOK ON LIFE, A COMPLETE LIFESTYLE CHANGE, MORE CONFIDENT WITH MY BODY IMAGE. MENTALLY AND PHYSICALLY A LOT STRONGER. I NEVER THOUGHT MY BODY COULD CHANGE SO MUCH IN 12 WEEKS AND STILL BELIEVE IT IS ME EVERY TIME I LOOK IN THE MIRROR. I HAVE LEARNT SO MUCH ABOUT MY BODY IN THE CHALLENGE THAN EVER BEFORE. I WILL CONTINUE TO FOLLOW THE GREAT ADVICE, TRAINING AND NUTRITION INTO MY NEW PHASE OF LIFE. I WILL NEVER FORGET THIS AMAZING EXPERIENCE AND THE GREAT FRIENDS I MET ALONG THE JOURNEY.





► I gained a new perspective and knowledge on healthy eating and different training programs and what works for my body, thank you to the staff at Trend Fitness!







