

# FEBRUARY CHALLENGE 2018





► Where do I start... firstly the large variety of exercises & being shown from pt sessions & group classes the level I can work at & how hard I can push myself. The knowledge of how to turn everyday food options into healthier choices to fit within the calorie range. But largely from this challenge I gained the understanding I don't need alcohol to unwind/de-stress from crappy situations in life, that i can use the gym to channel this frustration/stress, be it smash it out with weights or in a boxing class (sorry to my partners) & come away with a clearer headspace or be it just escape from general life for an hour or two. I've also gained a huge boost of confidence back both in body & mind & lastly is the other gym members that I've got to know so much better throughout the challenge.





**EQUAL 2<sup>ND</sup> PLACE**



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**TOP TEN**





