



Drop a Dress size in 6 weeks 2010

Starts 14th March

So there I was, fair, fat and a couple of year off 40. 20 kilos of wine and nibbles had taken up residence on my once athletic size 10 frame and I wanted it gone, wanted to once again wear a great pair of jeans and zip up a fabulous pair of boots without rolls oozing out in all directions.

What I loved most about this challenge was the various group work outs that Pete offered – the Fairy Falls workout was my favorite – nearly killed me but it was great to get in the bush and run around in the fresh air. I was always encouraged and praised for my efforts which in turn made me want to give it that little bit more each time. We had also been put into groups and then paired up with a challenge buddy, which was great to compare how each of you were going and encourage each other.

As the challenge went along I could see the kilo's dropping off, not only that but my clothes also starting to drop off!! A shopping trip was called for – Jeans and boots here I come! I also had to start getting used to people paying me compliments about how good I was looking! At final weigh in day I was over the moon at what I had achieved – I had dropped another 9.4kgs, lost 19cm, decreased my body fat by 3.87% and not only that, I had managed to do a 10k run in 1 hour - something I never thought I could do!

All the Challenge participants were really excited about the awards night – getting all dressed up and celebrating our successes, not only that but finding out who was going to take out the grand prize!! As it turns out I came 2nd which I was absolutely shocked and stocked about – the competition was really tough.

I'm now hooked and committed to continuing with my new healthier way of life. I love going to gym, it's now a part of my regular daily routine and I will continue my weekly training sessions with Pete to keep me in check.

Bring on the next challenge – 2nd's great but 1st is better!!

Carolyn Goffin – Carolyn's results were achieved over an 8 week period

Individual results may vary

For more information call 0800 B3 TRAINING

What do you get for your Investment?

- Goal setting assistance
- To totally focus on your health and fitness goals within a set timeframe
- The opportunity to win a “Makeover “
- Weight, Measurement and Body Fat Assessments at the beginning, two week mark and end of the challenge (**All Assessments done by females**)
- Optional Before and After Photos (email copy available)
- Exercise programme
- Nutritional and dietary Tips
- A comprehensive six week training diary to record your success
- Six group workouts to attend
- Support and mentoring via phone or email from Peter Bristow

Entry Fees and Options:

- Option One – **Challenge** - \$220 pp
 1. Goal setting
 2. 6 x group work outs
 3. Training diary
 4. Assessments
 5. Support and Mentoring
 6. Before and After Photos
- Option Two – **Challenge & B3 Boot Camps** - \$310 / \$400 pp
\$310 = Six extra Boot Camp session/wk
\$400 = Twelve extra Boot Camp sessions /wk
 1. Extra group sessions
 2. All the above
- Option Three – **System Slim Nutrition Upgrade** - \$470 pp + \$34/wk
- **Increased results** when Nutrition is addressed. Nutrition is the foundation if the foundation is not right then change cannot take place.
- Private and confidential consultation **weekly**
- Someone to encourage and be held accountable
- Take the guess work out and **learn** to eat the right thing at the right time of day
- Advise on supplements to help your body recover from the training
- Have you tried to do the nutrition by yourself before and not achieved the results you wanted then Gillian can help.

Payment can be made in full with CASH OR CHEQUE ONLY at the beginning of the Challenge or via AUTOMATIC PAYMENT (\$25 fee applies)over the first 3 weeks. Please make CHEQUES out to B³ Personal Training Ltd.

For more information call 0800 B3 TRAINING

How to WIN the “B³ DROP A DRESS SIZE IN SIX WEEKS” challenge and achieve your goals

- Make a **commitment** to complete the challenge and show you are serious about achieving amazing results
- **Complete your training diary** for the six weeks
- **Complete your nutrition diary** for the six weeks
- Set **three goals** you want to achieve from the following areas:
 - Weight Loss – Lose a certain amount of weight
 - Muscle Gain – Increase lean muscle mass
 - Strength Gain – Increase strength on certain movements
 - Body Fat Loss – Decrease body fat by a specific amount
 - Fitness – Achieve a specific level of fitness ie. run 5 kilometres
 - Exercise – Exercise a specific number of times per week
 - Nutrition – Change eating and drinking habits to create a healthier lifestyle
 - Lifestyle – Have more family time, decrease stress levels

Suggestions to make your Experience more Productive and Successful

- Get in touch with the B³ Personal Training team **before** the first assessment to discuss the setting of your three goals – personal trainers can help you if you are struggling or need advice
- Have your goals **clearly defined** by the start of the challenge
- Put in place any **extra services** (personal trainers, dieticians or nutritionist) that you may require during the challenge

For more information call 0800 B3 TRAINING