

Congratulations to all the participants in the 12 Week Weight Loss Challenge. We had some great results with the top three all losing over 12% of their body weight.

The winner of the Challenge, Matt Elliot, achieved his phenomenal results working on his own following the 12 Week program. He is looking forward to enjoying the Cook Islands holiday prize with his young family. Here is Matt's before and after photo's so you can see the change:



Here are the results for the top three:

| Name | kg lost | % body weight |
|-------|---------|---------------|
| Matt | 20.7 | 20.4% |
| Jodie | 14.6 | 16.1% |
| Paul | 10.6 | 12.2% |

As you can see it was great work by the top three to achieve some dramatic changes. It shows the power of a good plan, focus, motivation and determination.

Following the success of the Challenge we are now offering the Weight Loss Program for new and existing members. If you or a friend are interested in losing weight with a proven and effective plan then call us at Bondi Gym on 9387 4446 or workout@bondigym.com.au