

# HEALTHY LIVING

## Time to change your life

MARY was a person striving for change.

Mary was overweight, unhappy, unfit, lethargic, shy and withdrawn and then one day Mary woke up and said to herself

“Today is the day... I am ready to change my life.

“I don’t want to be like this forever; I want to live my life instead of just existing!”

Apprehensive and unsure about where to begin, Mary wondered how make the change happen.

Mary knew about Contours in Wallan but was unsure about what they do there and how they could help her.

“Fitness for women on the go” she asked herself. “What is that all about?”

Mary’s journey began late September 2009 when she finally built up the courage and walked into Contours.

To her a surprise, it wasn’t scary at all.

On her first visit Mary sat down with studio owner, Lisa Crosbie, for a personal consultation and has never looked back.

Mary set herself lifestyle, health and fitness goals and together with trainer, Renee Courouzou, formulated an exercise and nutritional plan to reach those goals.

Mary became committed to her new way of life and worked out consistently and has now lost an amazing 25.6 kilos and 109cms in 17 months.

“I am so happy. I love my new body and I love Contours” Mary said.

“I couldn’t have done it without the help of the girls at Contours; they are so great.

“I can do things I thought that I could never do, like running five kilometres without stopping.”



**Before:** Mary before she decided to take the plunge and sign up at Contours.

Mary advises anyone with a story similar to hers to give Contours a try

“Be the change you want in your life,” she said.

“It isn’t hard. The girls at Contours can help you almost every step of the way; you just have to make that first step.”

Studio owner Lisa Crosbie encourages all local women who are looking to make permanent changes in there life to pick up the phone or visit the studio.

“We have helped hundreds of women in the



**After:** A much healthier and happier Mary following her healthier new Contours lifestyle.

last three years and look forward to helping many more” Lisa said.

There has never been a better time to take that step and live the life you deserve.

Contours Wallan is now currently offering a trial of 14 days for just \$14.

A team of fully qualified personal trainers who are trained in nutrition and diet including nutritional programming are waiting to hear from you.

For a personal consultation call Contours on 5783 3911 or visit the studio at 3/88 Watson Street, Wallan.