

Body, Healthy Mind

A STAR ADVERTISING FEATURE

New hands map out Contours



First anniversary ... The successful team and members at Contours, Denise, Maria, Normah, Amanda and Charlene. 54538

NOVEMBER is a month of celebration at Contours Altona Meadows.

Since becoming the new owner and operator 12 months ago, Charlene and her motivating staff Bec, Nikki and Casey have helped many of their members lose weight, tone up, build strength and increase their fitness levels throughout the year.

"Our members are achieving really great results. While all of our ladies should be proud of their achievements, there have definitely been some standouts," said Charlene Borg, owner of Contours Altona Meadows.

"Member Vivian Stahl, 52, has lost a whopping 11 kilograms steadily over the last two years and intends to maintain her weight and keep exercising.

Energetic member Despina Moustos, 38, has lost an awesome 15.5 centimetres off her whole body in under a year while juggling work, four children, and household duties.

According to both members, it's the nature of the workout and the extra help from the staff that you wouldn't receive at your mainstream gyms that have led to their success."

"Recently, Contours held a 6 Week Challenge for members and non-members.

"This is a great way to give people a chance to really see what they can do with their health and fitness in such a short amount of time.

"Emma Oates was the winner, with a massive 29.5 centimetres lost and

Michelle Cairidi wiped seven years off her Bio-Age in just six weeks."

Contours Altona Meadows member, Amanda Mills said, "Contours is an easy workout that takes just 29 minutes. It is quick but effective, which suits my lifestyle perfectly. I don't have time to be spending hours a day to get results!"

According to research conducted by Contours Australia, the speed and convenience of the workout rates highly among most members.

The research revealed that 76 per cent of Contours' members are looking for an affordable, fast and effective workout, with the opportunity to get fit, while 60 per cent see speed and convenience of the workout as their motivator.

Contours Altona Meadows also offers some great programs which Charlene has introduced in the last year such as Zumba, Yoga classes, six-week challenges and some members have started outdoor training in preparation to enter the 'Susan Women's five kilometre Fun Run' to be held Dec 2010 to raise money for Breast cancer.

If you are looking for a quick and easy way to get your body into shape before summer and kick-start your confidence — local ladies don't delay!

Visit Contours Altona Meadows to see how it can work for you!

Contours Altona Meadows, phone 9360 8000.