



# Take the challenge

Tone up, get fit and shed a few kilos before summer

It's on again. The Contours 6-Week Challenge starts August 2. Contours Cairns, Smithfield and Innisfail will once again participate in the challenge, which is designed to inspire long-lasting lifestyle changes and kick start a healthier life and a younger you.

The program is open to all women and is based on regular exercise and a balanced eating plan.

Contours owner Pauline Gleeson believes this challenge is a great way to inspire and motivate women to make permanent lifestyle changes to feel and look great.

"The 6-Week Challenge is a great introduction to exercise and encourages ladies to follow a carefully planned eating and exercise program that actually works," Pauline says. "The best part about it is that most members will continue to follow the program even after the six weeks are over."

Angela Bishop, Contours Smithfield's previous challenge winner, said the short workout time was the reason she joined Contours. "I never seem to find

very much me time so the 29-minute workout suited me perfectly. I really loved the results I was achieving but decided to give the 6-Week Challenge a go to see if I could challenge myself that little bit more.

"My results were more than expected. I was a little sceptical I could stick with it at first. The challenge helped me to get off the coffee and practise some self-restraint. I also loved the Sculpt Carbless Bars and was amazed how they could fill me up as a snack. From the very first week I loved the challenge. I felt immediate results and even loved learning to drink water. It's become a way of life now and the scales are still dropping.

"I loved the personal drive feeling to surpass the set goals and the team feeling with the other participants. Contours was great already but my most drastic and life-changing results physically were from the change in my appearance – dropping from a size 16 to a size 12-14 in just six short weeks, but also mentally knowing I did it on my own steam

mostly and now I feel confident to wear lycra to the gym. Thank you, Contours for getting my body and health back on track."

Verna Sullivan, a participant in the most recent challenge, was also impressed. "Being in my 70th year I thought the weight I had gained during the past few years was here to stay until I meet Pauline from Contours, advertising the challenge at Smithfield Centre. I had never been to a gym before. I joined the ladies in the challenge and with the wonderful support of the Contours staff my life changed.

"After the 6-Week Challenge I lost 6kg and 28.5cm and now, after four months of going to Contours, I have lost 10kg.

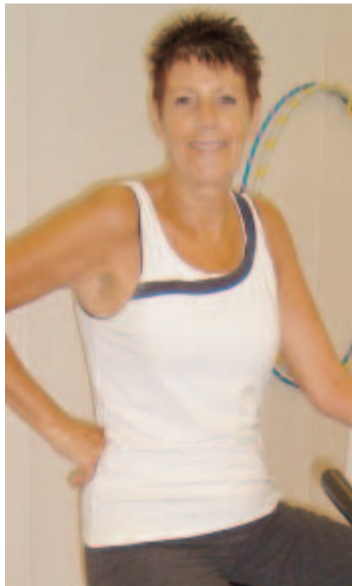
"My husband loved the challenge also as he lost 5kg from our changed eating pattern. Contours says, 'grow younger with every workout' and it is so true. My BioAge result is now seven years younger. If you are a little overweight or just want to exercise to increase the years with your family and grandchildren, contact Contours and you will never regret it."

Everyone who signs up to the challenge for \$159 will receive personal training sessions, weekly motivational emails, your start and end Biological Age Test, a participant guide including all the recipes, by-weekly consultations to track how you are progressing and full access to Contours Cairns, Smithfield or Innisfail. Contours is fully accredited by Fitness Australia and commended for its weight-bearing equipment, which is specifically designed for women.

■ Visit [www.contours6weekchallenge.net.au](http://www.contours6weekchallenge.net.au) or phone 4031 5010 (Cairns), 4038 3733 (Smithfield), or 4061 6870 (Innisfail).



Verna Sullivan before



Verna Sullivan after



Motivated: Angela Bishop, Contours Smithfield's previous challenge winner, highly recommends the 6-Week Challenge.

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## Challenge Yourself



Tone up, get fit and even shed a few kilos before summer!

Join the Challenge for just 6 weeks and you'll receive:

- ✓ 3 one-on-one workouts with a fitness instructor
- ✓ Access to our female friendly fitness studio
- ✓ Meal plans complete with recipes
- ✓ A BioAge fitness assessment to assess your overall health and fitness levels.

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Contours

Fitness for women on the go.

6 Week Challenge starts 2<sup>nd</sup> August. Places are limited!

Cairns Ph: 4031 5010  
Innisfail Ph: 4061 6870  
Smithfield Ph: 4038 3733

All this for only \$159!

1800 266 868 CONTOURS

[contours6weekchallenge.net.au](http://contours6weekchallenge.net.au)