



THE BODY TRANSFORMATION CHALLENGE

"Health & Fitness In Support Of Charity"

Join us NOW on the original Body Transformation Challenge & you can feel AND look sensational in ONLY 12 weeks. Lots of prizes to be won.

Kilos Lost = Rands Gained For Charity



T&C's apply

For every 1kg you lose we will donate R5 to your choice of Charity



www.bodytransformation.co.za
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Navin: 083 777 5883

Lorraine: 082 329 7638

THE BODY TRANSFORMATION CHALLENGE

Transform your body in just 12 weeks - either weight loss or weight gain (muscle build). We will provide you with the Body Transformation Training Programme and the Body Transformation nutrition plan PLUS 3 months supply of high quality SSS Supplements PLUS Challenge T-Shirt PLUS Challenge Water Bottle PLUS entry to the Challenge. The winners of the male & female categories will be those judged to have achieved the most dramatic body transformation. Each entrant will pay an upfront fee of R1,800 to participate in this awesome challenge & receive their value added pack worth R2,000 PLUS help support your chosen charity. Payment will take the form of EFT Transfer, Cash or Debit/Credit Card. The Challenge will commence on a particular date chosen by the entrant and will end 12 weeks from that date.

Contact: Lorraine 082 329 7638 or Navin 083 777 5883

Website: www.bodytransformation.co.za Email: info@bodytransformation.co.za

NAME:

SURNAME:

TEL:

CELL:

AGE:

E MAIL:

START WEIGHT:

ADDRESS:

GOAL: LOSE WEIGHT GAIN WEIGHT

(Tick Box)

PAYMENT METHOD: CASH CREDIT CARD EFT

CHARITY OF CHOICE: QASA (Quadraplegic Association)

HIGHWAY HOSPICE KLOOF SPCA

The Body Transformation Challenge will donate R5 per Kilogram lost to your choice of charity, T&C apply.

RULES AND REGULATIONS OF THE CHALLENGE

1. Entrants must be over 16 yrs of age at the start date.
2. On payment of R1,800, entrants will be allowed Free entry to the Challenge and supplied with 3 months SSS supplements according to diet chosen Plus T-shirt Plus water bottle Plus the SSS Fitness & Nutrition Book.
3. Diet programmes / fitness programmes in addition to or instead of the Body Transformation programmes may be used.
4. The Challenge will be judged on the most dramatic change possible including but not limited to weight loss/increase, muscularity and definition and overall appearance.
5. Entrants must supply a before pic - holding a newspaper clearly showing the date and an after pic - which must be taken 12 Weeks later.
6. Each contestant must submit his/her end pics no later than one week after the Challenge has finished.
7. Winners will be contacted via phone/email.
8. The judging will take place by an independent panel of judges and the judges decision will be final, no correspondence will be entered into during the 3rd week of December and the judges decision will be final.
9. All employees and immediate families of SSS Supplements, SSS Gyms and The Body Transformation Challenge are not permitted to enter