

Charities shape up to fitness challenge

SUPPORT your local charity - Kloof and Highway SPCA, the Quadriplegic Association of South Africa (Qasa) and the Highway Hospice - at the Body Transformation and Fitness Challenge this September.

Navin Leedladhar and Lorraine Ross, who are partners in the Body Transformation Challenge, have decided to practice its 'give back' policy with a unique long term donation project to Qasa, Highway Hospice and the Kloof and Highway SPCA.

Barbara Masterton, of Kloof and Highway SPCA and Ari Serlis of Qasa, will take up the challenge on 20 September.

For every kilo lost on this 12-week programme, the Body Transformation Challenge will pledge R5 to the entrant's desired charity.

Both Lorraine and Navin agreed that this was the perfect way to help the nation be healthy and support local charities at the same time.

"Kilo's lost equals rands gained. This is the best win-win situation and we can help anyone achieve their dream by transforming not only their bodies, but their minds as they enjoy this complete lifestyle change in only 12 weeks," said Lorraine.

Other companies have pledged their support, including Mobility Solutions which is sponsoring Ari Serlis, Qasa national director.

Those interested in sponsoring the challenge or supporting one of the charities, can contact Lorraine on 082 329 7638 or e-mail info@bodytransformation.co.za



Barbara Masterton (Kloof and Highway SPCA) and Ari Serlis (Qasa) have embarked on the Health and Fitness challenge to raise funds for charity. Supporting them are Mike Petterson (Mobility Solutions), Lorraine Ross, Navin Leedladhar (both of Body Transformation) and Lynn Walker (Highway Hospice).