



**The newest and fastest way to lose weight is
THE BIGGEST LOSER CHALLENGE @
SANOVITAE.**

The challenge runs over an 8 week period with weekly weigh in's, nutrition, health and fitness advice.

**Participants will be divided into two teams:
Blue Team weigh in: Monday mornings @ 10am
Red Team weight in: Monday evenings @ 6.30pm**

This is where both teams will get nutritional and motivational talk from their trainer to get, and to remain focused. Each week will have a different health and fitness focus.

The challenge is for the team to collectively lose the most weight

Week 1-6 Blue Team v Red Team

Week 7-8 Top Blue Loser v Top Red Loser

The challenge begins Monday 6th February

Are you the biggest loser?

SIGN UP AT RECEPTION NOW - LIMITED PLACES AVAILABLE

Remember if you change nothing – nothing will change