

# They're Doing It!

(Could YOU be next?)



## The 10-Week and 12-Week Best Shape of Your Life Challenges!

Former 10 and 12-Week Challenger ladies years later! They signed up, did the work and stayed true to their clean eating and weight training...It IS possible to get better with age! They did!



Chelsea C: 168 lbs and about 35% bodyfat



9 months later at 28%



2 years later – WOW!



Leanne L – 136 pounds, 27% bodyfat.



9 months later at 130 lbs and 20% bodyfat



2 years later – 121 lbs and 13% bodyfat..and stable!.



Deanna P – Sept 2010  
Start of the Challenge



Dec 2010 - End of the 10-week Best Shape Challenge



May 2012...and still going strong!