

PINNACLE SPORTS & FITNESS

Soccer mum Body Redesign Competition

Competition runs for 8 weeks.

Entry fee R350 included in this is

1 month's supply of a food supplement shake (value R330)

6 personal sessions with trainer (value R420)

Also included is fitness training twice a week when "soccer mums" train. (Value R750)

8 weeks of information helping both you and your family have a healthy eating style (no it's not all salads and will work even if you smoke and drink).

Also assistance in designing your eating plans for maximum effect.

How it works

1. We have a weigh and measure in, with a before photo
2. Every week we do measurements in to see any difference.
3. Monitor eating programs.
4. Winners will be decided on a percentage shape change making it fair for everyone
5. **Competition entry closes on the 9th September, please forward your applications to john at psfsport@hotmail.co.za**

Those interested please complete the form and indicate what flavor of meal replacement shake you would like.

Flavours available:

Nutritional Shake Mix F1- Vanilla
Nutritional Shake Mix F1 - Chocolate
Nutritional Shake Mix F1 - Strawberry
Nutritional Shake Mix F1 - Tropical Fruit
Nutritional Shake Mix F1- Cookies and Cream
Nutritional Shake Mix F1- Vanilla - Single Sachets

Success is peace of mind which is a direct result of self satisfaction in knowing you made the effort to do the best that you are capable of

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SO what's in it for you...

Other than R1150 of FREE training and supplements

There is a first and second prize as well as spot prizes every week.

**1st Prize is a R1000 voucher for to a health Spa
2nd prize is R500 worth of skin care products.**



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