

# Body by Kris to launch a fitness challenge



Body by

Kris is preparing to launch a 12 week fitness challenge where its team will offer all the support participants need including weekly weigh-ins to monitor and motivate their progress and weekly prizes to help them reach their goals. Participants will be offered two categories to choose from: weight loss and fat loss with muscle gain.

The overall winners will be awarded attractive prizes including a trip to Thailand, a one year Xpress membership at Body by Kris, a year's supply of Finagle health bread, Foot Rub vouchers, HW magazine subscriptions and more.

The challenge begins on October 7, 2012 and will be limited to 30 participants. Those interested are invited to sign up for the challenge.