



BBK's Body Fuel

Body by Kris (BBK) is launching Body Fuel, a new range of healthy snacks and products as part of their Healthy Living 2013 initiative. They encourage health-conscious Sri Lankans to try the new individually packaged cashew nuts for a quick snack or hydrate yourself with Body by Kris natural spring water and refuel your body naturally throughout the day.

Body by Kris has everything you need to get into great shape, with one on one personal training sessions that are the longest personal sessions offered by any gym facility in the

country. BBK is also offering free fitness assessments to new and existing clients as well as giving all BBK members 15 percent off most Lanka Hospital health care services and 15 percent off some beauty treatments from Tony and Dee Salon, so that members will look and feel great.

The winners of the recent 'Your Best Self Challenge' were S Meddewita (who lost 10kg) and H Perera (who lost 23.45 inches), both winning awesome prizes. Due to the huge success of the challenge, BBK is now accepting applications for sponsorship and participation of their next challenge.

The BBK special membership offer has also been extended by popular request. This offer allows you to buy a six month membership, and receive another six months absolutely free. Body by Kris will also offer Aerobics and Pilates classes free of charge during March.