



Kris, Founder/CEO- Body By Kris Elite

This month the team at Body By Kris will be busy motivating its members to get fit and healthy, as their fourth 'Your Best Self Fitness Challenge' gets underway. Over 20 challengers are working hard to get into the best shape of their lives. Body By Kris is also launching their brand new 90 Day Workout Journal as part of their Healthy Living 2013 initiative.

The 'BBK X90' offers a unique 90-day fitness system to help reach one's fitness goals faster. Whether you are a beginner or a more advanced exerciser, the BBK X90 will help you get the body you desire. It is packed with fitness tips, sample workouts and dietary advice for insight and motivation. Designed exclusively for Body By Kris members, it is the perfect tool for people who are serious and realistic about reaching their fitness goals with great results. Everything you need to get into shape can be found at Body By

New offers from Body by Kris

Kris including free Warrant of Fitness assessments giving all BBK members the opportunity to find their strength and fitness levels.

This June, their offer continues with three months of fitness costing 1,000 rupees when you sign up to become your best self at Body By Kris Fitness Elite.