“Your Best Self” Fitness Challenge IV from Body By Kris

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Your Best Self Challenge III Winner: S Meddawita lost 9.8kg

After the incredible results achieved with their last challenge, where 20 participants lost a total of 52.8kg and 81.5″ in 12 weeks, Body By Kris Fitness Elite launched their fourth ‘Your Best Self’ Fitness Challenge this month. The challenge is designed to help and support individuals to make healthier lifestyle choices and encourage them to get into the best shape of their lives.

There are great prizes up for grabs each week to keep the participants on track from Body By Kris and sponsors of the challenge including Diet Coke, Finagle Bread, Tony & Dee Salon, Lanka Hospitals, H W Associates and other companies who also promote the health and wellbeing of Sri Lankans.

Body By Kris will accept applications for sponsorship and participation for the challenge until May 7, 2013. Free fitness assessments are offered to new and

existing clients, giving all BBK members the opportunity to find their strength and fitness levels.