



Shrink your age

Take the challenge and reduce the years and your size.

Contours Cairns, Smithfield and Innisfail – a favourite gym for the women of Far North Queensland – offered up a recent challenge to members and their friends.

Eighty determined women took up the national 6 Week Challenge to better their health and fitness.

In six short weeks, participants from Contours Cairns, Smithfield and Innisfail lost more than a massive 240kg and more than 1120cm. Best of all, they reduced their biological ages by a huge 320 years.

The “BioAge” test rates your biological age versus your chronological age, which will provide you with a better insight into your fitness levels and overall wellbeing and help you kickstart a healthier life and a healthier you.

The Biological Age Test, as seen on *The Biggest Loser*, is a comprehensive health and fitness assessment that exceeds general gym fitness tests and clearly demonstrates how lifestyle choices can have an impact on the body. The results are geared to motivate a permanent behaviour change towards health and wellbeing and inspire long-lasting health changes.

The biological age of a person is calculated through a combination of health, fitness, nutrition and stress tests. Each member’s biological age results are then categorised and compared to their chronological age. For example, a 45 year old with poor flexibility and nutrition may be indicative of a 60 year old.

Congratulations to Sandra Goodchild from Earlville. She was the overall 6 Week Challenge

winner. Sandra lost 11 years off her BioAge and dropped one whole dress size in the six weeks.

“I was a bit sceptical that it would really do a great deal in just six short weeks,” Sandra says. “But after being encouraged by a Contours member I thought I’d give it a go. Pretty much the turning point for me was on my first weigh and measure when I realised that I had lost centimetres in just a couple of weeks.

“The 6 Week Challenge takes the guess work out of what to eat, when to eat it and even provides all the recipes. You just have to follow it and dedicate a minimum of three 29-minute sessions per week at the studio.

“The support and motivation from Contours staff and other participants made a huge difference and was invaluable. Without it I may not have been as successful.

“I liked it that much I decided to join as a Lifestyle member and I’m still using 6 Week Challenge plan and recipes.

“A massive thank you to the girls, Contours Cairns and my family and friends because you got me through it.”

The Contours 29-minute workout uses weight-bearing equipment, providing positive and negative resistance and has been designed specifically for women.

The next national 6 Week Challenge is due to start shortly. Register your interest to participate today.

■ **For more information email cairns@contours.net.au or phone 1300 Contours.**

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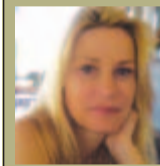


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