

AUGUST CHALLENGE 2020



Before I started this challenge it was a struggle just to get out of bed in the mornings. I was in so much pain, my feet hurt continuously and my back was killing me. Pretty much as soon as I started working out and eating well all of my ailments went away and my energy levels increased. This challenge has lead to me becoming the happiest me I can be. I feel strong fit and confident and I look forward to continuing my fitness journey into the future.



Reset my will power, onwards and upwards 🍊🍊🍊



The challenge has changed my life enormously both physically and mentally. I have gained an unbelievable amount of confidence over the course of the 12 weeks not only in the gym but in my physical appearance and general daily living. I no longer feel embarrassed to go out or worry what I look like to other people because I am happy with myself. I cannot believe how in only 12 weeks I have changed my life around so much to lead a fit and healthy lifestyle and totally turn myself away from unhealthy habits like fast-food and binge eating. I cannot thank trend and all the staff for their support and helping me achieve my goals enough. Something else I have gained from the challenge is physical strength, I am so much physically stronger than I thought I could have been, and my goals from now on is to continue with the amazing lifestyle I've obtained and work towards some/more muscle definition.



Enough confidence to take my shirt off in public and a new love for hair removal and tanning.





TOP TEN



TOP TEN



TOP TEN

