

# AUGUST CHALLENGE 2019



I am super happy to say that I am absolutely stoked with my results, I have beyond achieved what I wanted. I have learned that a strong mindset can see you through tough times and you can do anything you put your mind to. NEVER GIVE UP.



Throughout this challenge I've gained much more confidence in myself and it has taught me how to live a healthier lifestyle. In these 12 weeks I have already noticed a difference in my sporting abilities.

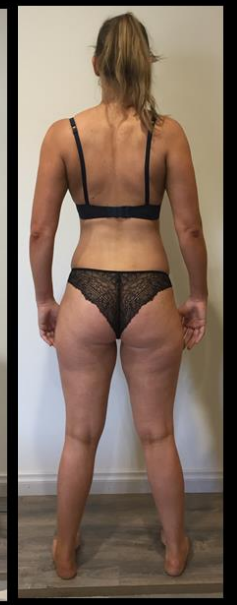
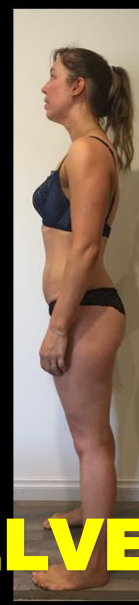


I have gained energy, understanding of good nutrition, a love for going to gym and classes, so much extra love for my life and the awareness that I needed to move forward. I am a better Mumma to my gorgeous girl in every way, because I am a better version of myself. Most of all I gained a great mindset and used it to learn and grow and to improve each day. I'm grateful beyond words.





**TOP TWELVE**



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