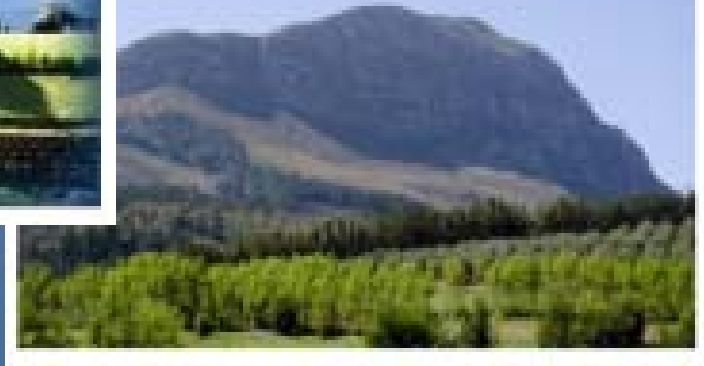
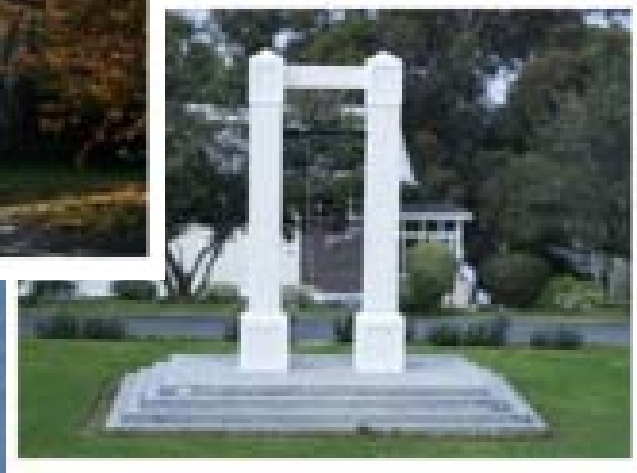
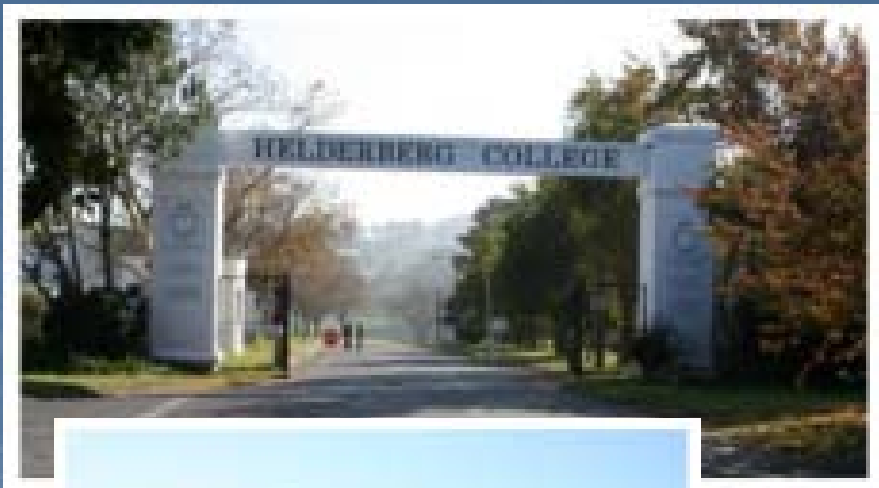


# Helderberg College

**Your Christian Varsity  
of Excellence!**





# Weight Loss Challenge

\* HELDERBERG COLLEGE \*

What do YOU have to Loose?

# Weight Loss Challenge

**What do YOU  
have to loose?**

## BASIC WEIGHT LOSS CHALLENGE INFO

STARTING DATE :

Monday, 3 AUGUST 2009.

VENUE :

Helderberg College Campus  
MEDIA ROOM : First Floor

TIME :

Every Monday evening 20:00pm - 21:00pm

Who can come?

- Any man or woman 18 years and older.
- Any person that feels he /she is overweight or needs to shape-up.



**H B C**

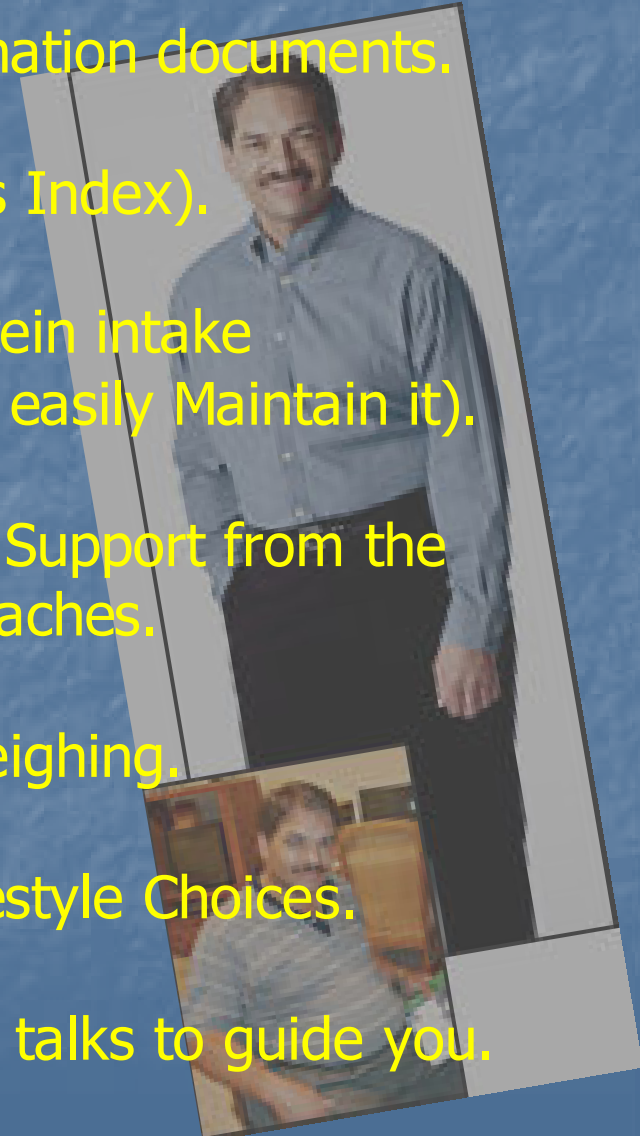
# Weight Loss Challenge

**12 Weeks of FUN!**

**Motivation & Exercise**

## **BASIC WEIGHT LOSS CHALLENGE INFO**

- R195 for a 12 week program.
- Registration and all information documents.
- BMI- Analyses (Body Mass Index).
- Eating Plan and Daily protein intake (Goal Weight - Reach and easily Maintain it).
- Continued Motivation and Support from the Weight Loss Challenge Coaches.
- Weekly measuring and weighing.
- Make better Food and Lifestyle Choices.
- Motivational sessions with talks to guide you.



# Weight Loss Challenge

**FANTASTIC PRIZES!**



**WIN PRIZES FOR LOOSING WEIGHT**



**HBC**

**THE WINNERS**  
Most % of Weight

R . . . . For Each Contestant

$$\begin{aligned} & R \ 75 \\ & \times \ 25 \text{ People} \\ & = R \ 1875 \ \mathbf{1^{st} \ Prize} \end{aligned}$$

Special prize for contestant who lost most centimeters.

Every Person will WIN Back their HEALTH & VITALITY.

# Weight Loss Challenge

Will **THIS** be **YOU** ?



***JUST THINK WHAT CAN HAPPEN !***



Jim Poore's Weight Loss Record of 402 lbs (183kg) in 19 months



**HBC**



Tessa lost 23kg in just 11 Weeks !

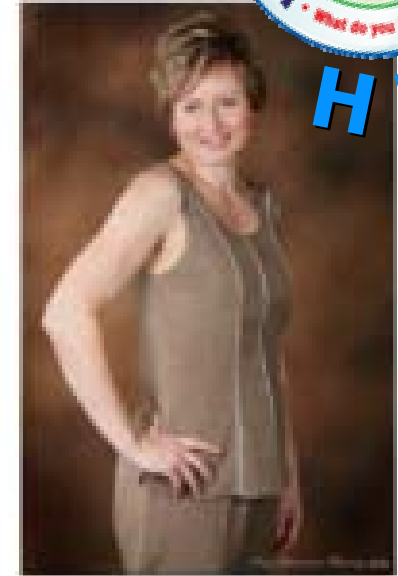
**YOU Can do it Too !**

# Weight Loss Challenge

Will **THIS** be **YOU** ?



***JUST THINK WHAT CAN HAPPEN !***



**Corné Ryksen**

Lost 10kg in just 2 Weeks after her baby girl was born ! Both is healthy and feeling great.

**YOU Can do it Too !**



**HBC**

# Weight Loss Challenge

Will **THIS** be **YOU** ?



***JUST THINK WHAT CAN HAPPEN !***

Choose & Eat the Correct FOOD



HBC



YOU Can do it Too !

Healthy Life Style – Exersize – Good Rest



Helderberg College

**Come Now!**  
**JOIN US!**

***JUST THINK WHAT CAN HAPPEN!***

**For Full details – Contact:**

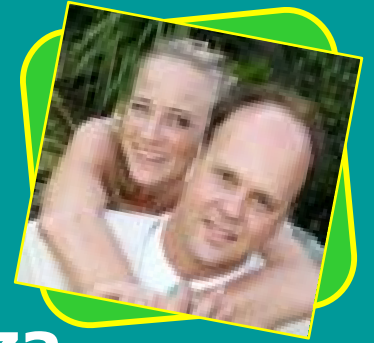
**Francois: 083 412 7627**

**Linda: 083 275 5264**

**joinusinlife@multicad.co.za**

**Belinda: 072 788 5647**

**crawfordb@hbc.co.za**



Your Weight Loss Challenge Coaches:

**Francois & Linda Swanepoel**

**Weight Loss Challenge**

**What do you have to lose?**

**"Belief fuels enthusiasm, and enthusiasm explodes into passion. It fires our souls and lifts our spirits...."**

**Francois Cel: 083 412 7627 & Linda Cel: 083 275 5264**

**Fax: 086 515 4964 & E-mail: joinusinlife@multicad.co.za**



# Helderberg College

**Your Christian Varsity  
of Excellence!**

**MEGA  
FUN!**

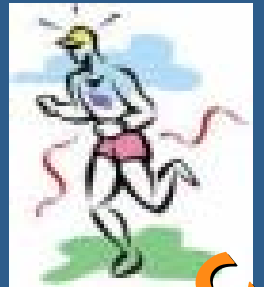
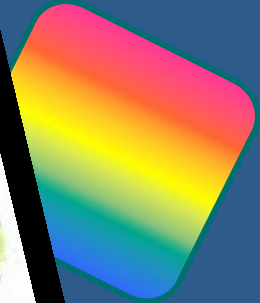
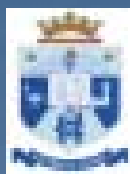
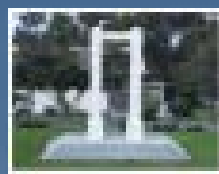
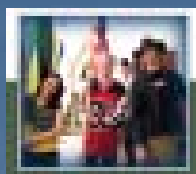
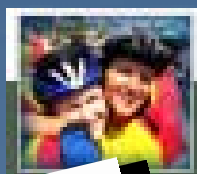
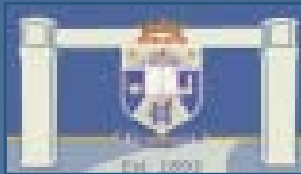


**TEAM  
GAMES!**

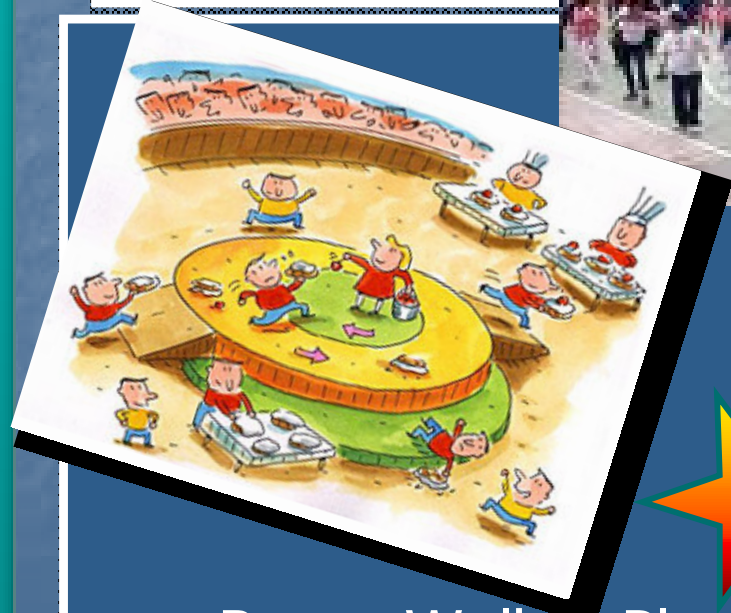
# HBC - FUN Challenge

## 12 Weeks of FUN!

### Exercise & Team Work



HBC



Run - Walk - Play - Exercise!

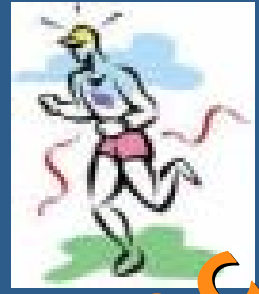
Come & Join Us!

JUST THINK WHAT CAN HAPPEN!

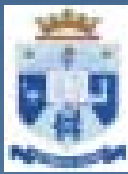
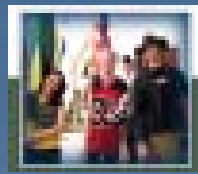
# HBC - FUN Challenge

## 12 Weeks of FUN!

### Exercise & Team Work



## HBC



Fun & Games for Young + Old !

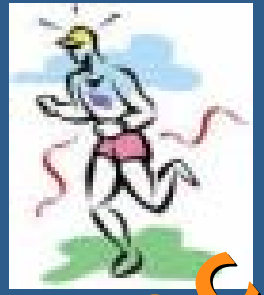
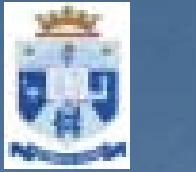
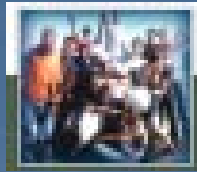
Exercise Away Stress !

Better your Stududies for your Future !

# HBC - FUN Challenge

**12 Weeks of FUN !**

**Exercise & Team Work**



**HBC**

**Make new Friends !**



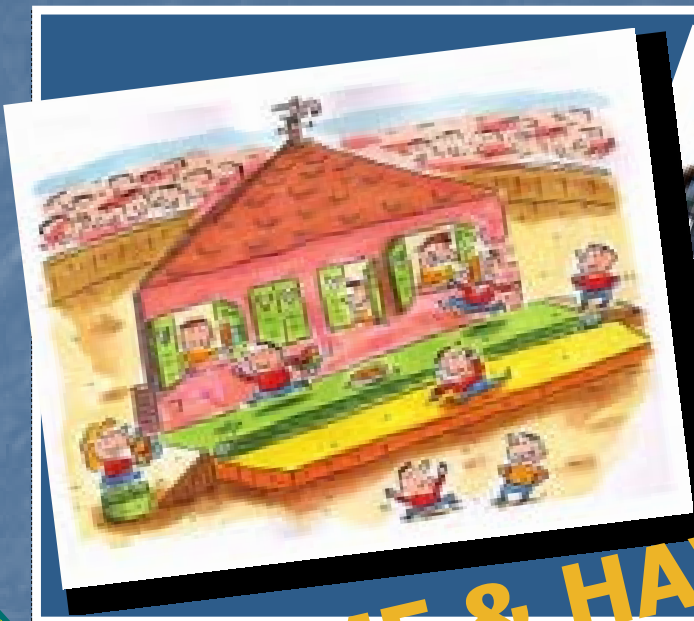
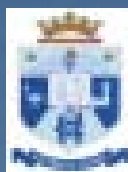
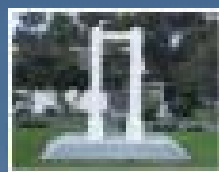
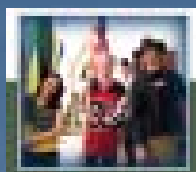
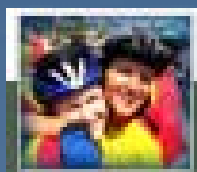
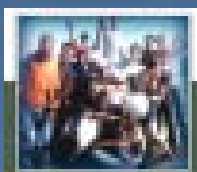
**Laugh a Lot !**

**ONE TEAM - ONE GOAL !**

# HBC - FUN Challenge

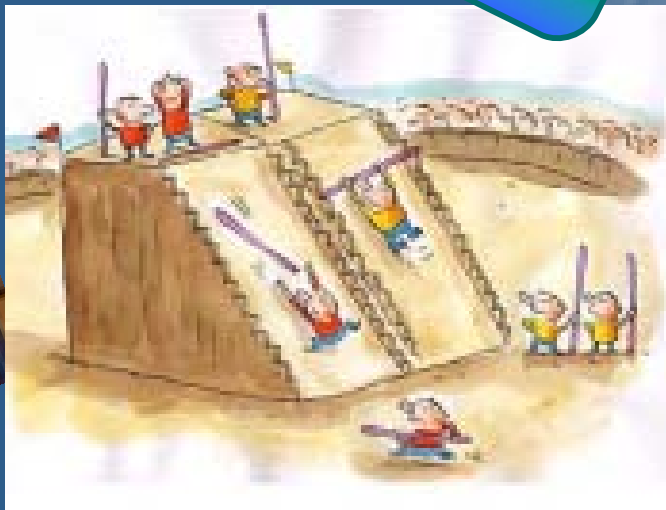
**12 Weeks of FUN!**

**Exercise & Team Work**



**HBC**

**COME & HAVE FUN!**

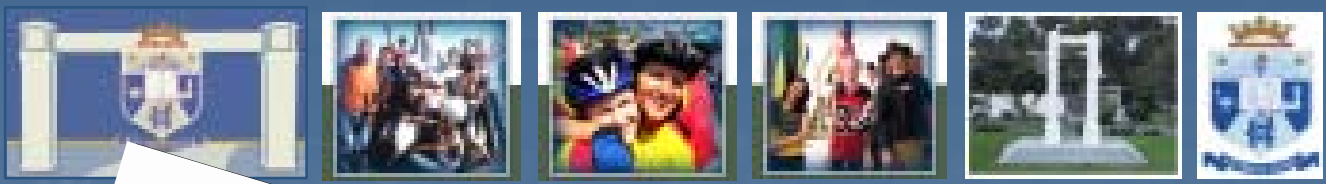


Exercise for a better Life!

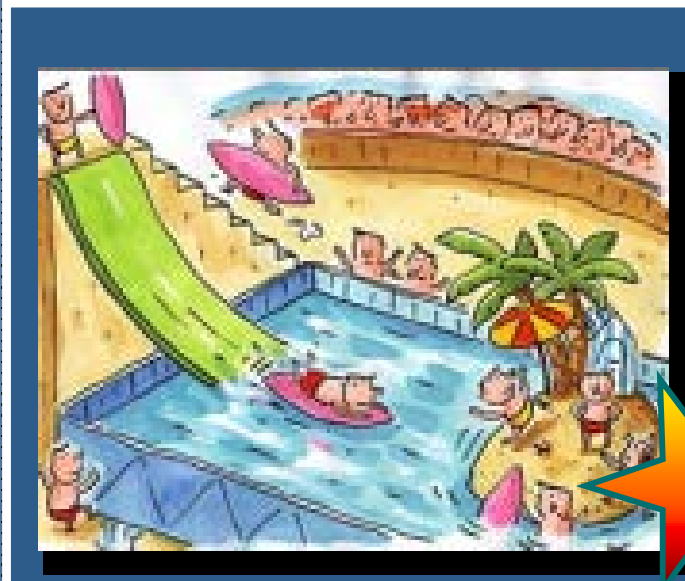
SUPPORT & CHEER FOR YOUR TEAM!

# HBC - FUN Challenge

**12 Weeks of FUN!**  
**Exercise & Team Work**



**GAMES!**

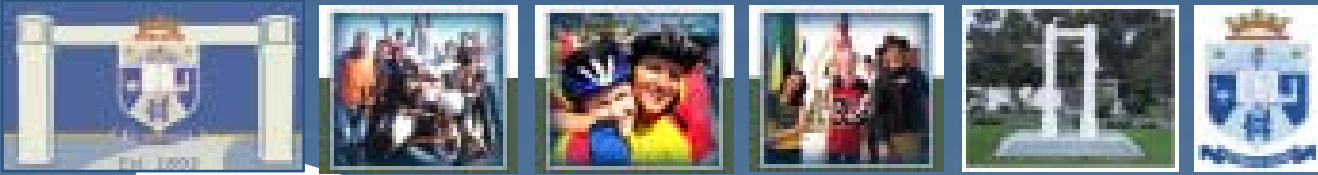


**Get into Shape**

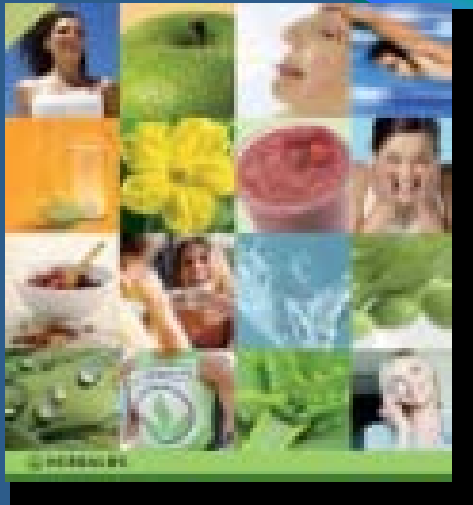
**HEALTHY & ACTIVE & HAPPY LIFE!**

# HBC - FUN Challenge

## FANTASTIC PRIZES!



From our Sponsors!



Product Hampers!

?????!

MAY THE BEST TEAM WIN!