



# **Borehamwood 28 Day Body Transformation Challenge**

**Nutrition, Structure, Support!**

**Come Exclusively to THE VENUE &**

**Work with Borehamwood's Top Weight Loss Expert**

**& Personal Trainer**

**Danny Fitzpatrick**

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## **28 DAY PROGRAMME**

To Help Rapidly Lose Weight

And Change Lifestyle

To Be More Healthy

## **PRIZES**

For The Most Successful Participant

To Reward Success!



**Starting Monday 5th October 2015**



**For all enquiries please call:**

**020 8386 9886**

**OR**

**Visit The Venue Reception**



	<b>Monday</b> 20:00-21:00	<b>Wednesday</b> 20:00-20:45	<b>Saturday</b> 09:00-10:00
<b>Week 1</b>	Seminar Nutrition Advice/ Open Forum/Pictures	Practical One Circuits (Varied and Adaptable)	Seminar HIIT
<b>Week 2</b>	Practical One Body Weight Program	Practical Two HIIT	Seminar Keeping Active Indoors/Open Forum/Pictures
<b>Week 3</b>	Program One HIIT	Practical Two Circuits (Varied and Adaptable)	Seminar Benefits of Physical Activity/ Open Forum/ Pictures
<b>Week 4</b>	Practical One Circuits (Varied and Adaptable)	Practical Two HIIT	Seminar Smoking and Alcohol Cessation/ Open Forum/Pictures/ Celebration and Award Session