

8 WEEK CHALLENGE **JUNE 2009**

Jess Kempt (Female Winner)



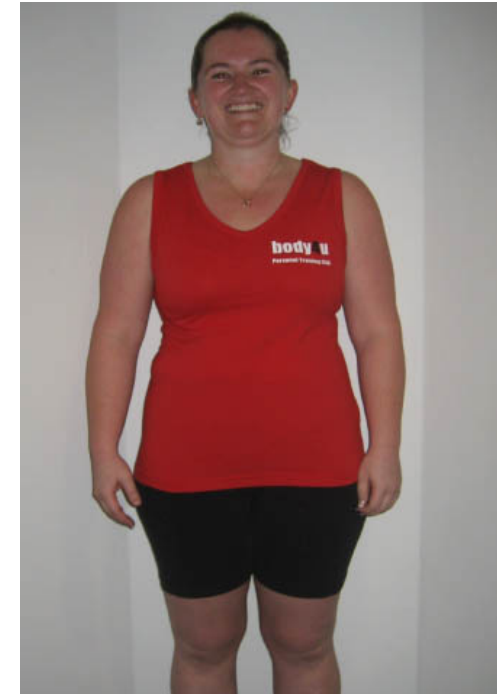
Before



After 8 weeks



Before



After 8 weeks

WEIGHT				BODY FAT				WAIST				HIPS				THIGH			
initial (kg)	final (kg)	LOSS (kg)	% change	initial (%)	final (%)	LOSS (%)		initial (cm)	final (cm)	LOSS (cm)	% change	initial (cm)	final (cm)	LOSS (cm)	% change	initial (cm)	final (cm)	LOSS (cm)	% change
80.1	72.0	8.1	10.1%	40.2	35.0	5.2		99.5	84.5	15.0	15.1%	111.0	102.0	9.0	8.1%	67.0	62.5	4.5	6.7%