



- Overweight?
- No time to exercise?
- Bad eating habits?
- Stressed?
- No energy?

**Compete for
a better life
AND WIN!**

\$20,000 IN PRIZES!

catchfitness
20  
WEEK
BODY & LIFESTYLE COMPETITION

0800 000 929
Check out the results of previous entrants at:
www.20weeks.co.nz