

THE FINAL WEIGH-IN RESULTS!



BEFORE

BOOTCAMP
Cowichan Valley

AFTER

Final results for Biggest Loser Boot Camp are as follows:

Total combined weight lost by all participants is 436 lbs.

Total combined inches lost by all participants is 326 inches.

Our overall winner is Michelle Brewer
Weight lost = 37.2 lbs. Inches lost = 26.5. Weight lost as % = 20

For more info on the Biggest Loser program, call us.

Next session starts next week...

Biggest Loser... **"The Last 20 lbs"**

(a certain level of fitness is required)



**Valley Health
& Fitness**

Valleyview Centre 250-743-0511