



What's Happening at PJ's...

Weight Loss Challenge a Success!

Last April 25th, 38 individuals started a competition to see who could lose the most percentage of weight loss in 6 weeks. For a \$30 fee they were registered, weighed in and given weekly email support. The \$30 fee was held and dispersed on June 6th to our top 3 "losers" at our final weigh in event.

The excitement was palpable that afternoon and the results were amazing. In total the group lost **159.4 pounds in 6 weeks!** What an accomplishment.

The winners for the Challenge were as follows:

1st Place: \$560, a 1 hour massage with Jade at the Zen Spa & a Thrifty's Vitamin Gift basket was: Kelli Corscadden with 10.7% of body weight loss

2nd Place: \$300

Susan GaGarnier with 10.4% body weight loss

3rd Place: \$200

Scott Lunn with an 8.9% body weight loss

Stay tuned for this September's Challenge – the biggest one yet!

Climb the Grind

Join me as I hike Mother Nature's Stair Climber this **June 30th, Wednesday** at 4:00pm (leave Tsawwassen), to be climbing by 5:30pm. This first hike out is for individuals who feel that they can complete the Grind in less than 2 hours (the mountain closes at 7:30pm). RSVP by emailing me at info@fitnesswithpj.com and I will arrange car pooling for all of us. I hope to hear from you!

Weight Loss & Weight Maintenance Online Program

as low as \$39/month

Looking to continue with your weight loss journey, or perhaps maintain the loss you have worked so hard to get to? Join my *online community* and receive weekly email support, once a month training sessions to keep your program from reaching a plateau, a diet re-vamp, an online community to share your stories and experiences and an online weekly weigh in to keep you honest.

Studies have proven that those who have someone to manage their behavioural issues, and that have to answer to someone on a weekly basis do 66% better than the placebo group that were left to their own devices to lose and maintain (*Journal of Cardiovascular Nursing 2005, Vol. 21, No. 4, pp 251-25*). Don't become another statistic, and spend the same amount of money on your body, your health and your energy that you would for gas in your car for 30 days. I think you will agree... you are worth it! **\$99/month or \$39/month without the monthly one-on-one appt.**

30 Day Challenge Workout (One-on-One)

Want to take your fitness and/or weight loss to the next level? This 30 Day Program involves a 5 day a week workout program for a 30 day period. You will meet with me 4x's, once a week, to learn your workouts for the following 6 days and then continue on your own. If you are committed, this program will get you the results that you are looking for! **\$250** (Dietary advice: \$75 extra)