

# 30 DAY CHALLENGE

## Take the first step to a better you

Do you want to lose weight, tone up or boost your daily energy levels?

The 30 Day Challenge is designed to get you moving towards your health & wellness goals – whatever they may be. The 30 Day Challenge will help you to establish a routine of regular exercise as well as develop your skills to create, plan & prepare exciting, nutritious meals.

### You will get:

- ✓ A 30 day eating plan and nutrition program suited to your desired goals.
- ✓ A 30 day training guide including 2 Muay Thai classes per week and 2-3 sessions per week to be completed on your own, suited to your desired goals.
- ✓ Discounted nutritional supplements.
- ✓ Exclusive entry into a Facebook group where you can share ideas and inspiration with the other 30 Day Challenge members.
- ✓ Professional advice, motivation and support for the 30 days.
- ✓ Invitation to seminars and info nights on healthy eating, Low GI and more.



Transformations

Plus, the member who makes the biggest improvement to their health & wellness within the 30 days receives a prize

### How much will it cost?

#### Package A

- 10 visit pass to SRG Muay Thai (2 classes per week during the challenge)
- Bulk Nutrimeal Pouches
- Essentials Multivitamin

**\$300 All Inclusive**

#### Package B

(You currently have an SRG Muay Thai membership)

- Bulk Nutrimeal Pouches
- Essentials Multivitamin

**\$150 All Inclusive**

Trainer, Inga Kilby has 13 years experience in the fitness industry and has helped many people achieve their goals and to live a healthier life, lose weight and gain fitness.

### I'm in! What's next?

Contact Inga (0402 587 496 or [inga\\_kilby@hotmail.com](mailto:inga_kilby@hotmail.com))  
Or SRG Thai Boxing Gym (80 841 978 or [info@thaiboxingsydney.com](mailto:info@thaiboxingsydney.com))



**Let's go for it! – Grab a friend or partner too and do it together.  
Kick start your health and shake up your training NOW!**