



STARplex Body Transformation Challenge 2009

For eight whole weeks BTC participants embarked on their journey to transform their bodies. Team challenges which increased cardiovascular fitness, strength and endurance were also planned to keep entrants motivated and to build team support. Challenges including Bootcamp, TEKS, City to Bay Training, Les Mills Pump and RPM Mega Classes put everyone through their paces pushing most to their limits.

STARplex also provided nutritional support through STARnutrition. Information seminars on weight, cardiovascular training and keeping motivated also featured, giving participants vital information on how to achieve their goals. Some participants also elected to work with a Push Personal Trainer for added support.

Being a part of the challenge saw many of us joining in activities that we never thought possible and many personal goals were achieved. As one of our sponsors Milton Vadoulis aptly put it at the STARplex Presentation Evening "You are all winners".

The BTC Award Night which was hosted by Kaz Wall and Maryann Shubin at STARplex on Wednesday 12th of August saw some amazing results with a combined overall weight loss of 295 kg and 1700 cms of fat lost. As Kaz remarked "Although most of the entrants who participated in the challenge entered for weight loss, the BTC was not all about losing weight but about transforming the body, reaching personal goals and also increasing total health and wellbeing".

STARplex wishes to congratulate the following BTC winners for their outstanding efforts and achievement:-

Male major prize winner: Martin Ailmore

Male runners up and also receiving a special mention Daniel Clausen and Gary George.

Our female major prize winner Koo Sturt and

Female runners up Kelly Knuckey and Veronika Limpert.

Our two **Couples Major prize winners**, whose outstanding achievements could not be separated, sharing first place:

Roslyn and Tony Corneliusen

Sherie Barker and Alison Harris.

Awards were presented to the winners on the evening by sponsors Vadoulis Garden Centre, Mezner Furniture, Shea Oak Olive Oil and STARplex. Mint Avenue, Artistic Hair & Beauty and AMART at Elizabeth also supported the Challenge by providing some wonderful prizes. Maryann Shubin thanked all sponsors and also remarked "without the support of our sponsors and their generous prizes the BTC Challenge would not be possible".

The night was concluded with some encouraging and inspiring words from our sponsors and also STARplex Fitness Centre Manager Paul Pearce, who expressed the importance of maintaining a healthy lifestyle, incorporating fitness and also adding some motivating words to inspire participants to continue on their personal journey.

Written by Dawn Mettyear

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