weight loss

Walked 7 days in a row	3 days incline walk	Fit into size 22 underwear	No takeaway for a week	Lost 50kgs
Fit into size 18 underwear	Walked 7 days in a row	Month incline walk	7 days incline walk	No takeaway for a week
Tried fitness class	Walked for 30days in a row	**FREE**	Fit into size 14 underwear	Lost 25kgs
Lost 30kgs	Tried fitness class	Lost 40kgs	Lost 20kgs	Lost 5kgs
Lost 10kgs	Fit into size 16 underwear	No takeaway for a week	Walked for 30days in a row	Fit into size 20 underwear

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weight loss

Walked for 30days in a row	7 days incline walk	No takeaway for a week	Fit into size 18 underwear	Month incline walk
Fit into size 22 underwear	Walked for 30days in a row	Lost 50kgs	Fit into size 16 underwear	No takeaway for a week
Lost 30kgs	Fit into size 14 underwear	**FREE**	Lost 25kgs	3 days incline walk
Lost 20kgs	No takeaway for a week	Walked 7 days in a row	Fit into size 20 underwear	Tried fitness class
Lost 40kgs	Lost 5kgs	Tried fitness class	Walked 7 days in a row	Lost 10kgs

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weight loss

Fit into size 16 underwear	No takeaway for a week	7 days incline walk	Lost 5kgs	Fit into size 14 underwear
Walked 7 days in a row	Lost 30kgs	Lost 40kgs	Walked 7 days in a row	Lost 50kgs
Tried fitness class	Fit into size 20 underwear	**FREE**	Tried fitness class	Lost 20kgs
Walked for 30days in a row	No takeaway for a week	No takeaway for a week	Walked for 30days in a row	Fit into size 22 underwear
Lost 25kgs	3 days incline walk	Month incline walk	Fit into size 18 underwear	Lost 10kgs

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