



SYDNEY SURVIVORS



Fitness · Transformations

[www.transformu.com.au](http://www.transformu.com.au)

## The 10 x 10 x 10 challenge is on!

Can we find 10 people from Comets to lose 10 kilos in 10 weeks?

That's the challenge that has been set and we have accepted it with pride. It's a new year and it's time we all did something for ourselves and maybe our kids. It's not an impossible challenge, but can we motivate enough people to dust off the Xmas pudding and maybe change their lives forever. We all talk about it and we know what we *should* do. This is the time to do it with friends in a very social atmosphere. This is not a boring gym class, it's a very social way of exercising that really does get results.

Sydney Survivors are a local training group and have been very successful in turning around the lives of so many people in the Shire. They offer indoor and outdoor training sessions, rated from beginners to advanced. Every fitness level and ability is catered for, even if you have never exercised before, they have classes to suit. The best bit is you will make new friends and actually have fun training. Try and find that at your normal gym.

So what does it cost? Basically \$249 gets you 10 weeks of training. All the details are on the web site. <http://www.sydneysurvivors.com.au/upcoming-transformation/> So ask yourself, what would I pay to lose 10-15kg in just 10 weeks? It's a small price to pay for transforming your life.

You can download the application for from here too.

Got any questions, you can contact the Survivor team on the web site, or contact our personal Comet Survivor [julie@sydneysurvivors.com.au](mailto:julie@sydneysurvivors.com.au) on 0411 664606.

Make sure you tell them you're from Comets Baseball Club and that you have accepted the challenge.

Saturday 28 January, there will be an info table at the clubhouse between 10 and 11am, if you want to sign up or ask any questions.