

# 12 WEEK CHALLENGE

Do you want to feel great, get fit and be healthy?

Then join our 12 week Ngaitai Iwi Challenge that will help you to make some positive changes to your lifestyle 😊

We are currently registering interest for the 12 week challenge that is going to be run from September 20<sup>th</sup> 2011 – December 13<sup>th</sup> 2011. So make sure you put your name forward to be part of this exciting initiative that will give you:

- a free all you can use 12 week membership at the new Whakaatu Whanaunga Trust YWAC gym in Opotiki,
- nutritional support,
- travel from Torere to weekly compulsory class, and
- weekly weigh ins

All you need to do is make sure that you:

- have an awesome attitude
- attend the weekly compulsory class on a Tuesday evening at 6.30pm,
- bring a towel, water bottle and some shoes

**Spaces are limited, so get in quick!**

Contact: Tanja Mihaere, Ngaitai Iwi Authority 07 315 8485 or [tania@ngaitai.iwi.nz](mailto:tania@ngaitai.iwi.nz)

*Ngaitai whai ake te Oranga*