

# SUMMER-FIT – Getting fit for the sun!

Everyone loves the BBQ / Summer season. It's fun to gather with friends and family every few weekends for great summer spreads. Nothing is better than feasting on grilled meats, roasts, freshly buttered bread, and an array of rich desserts, all washed down by glasses of alcoholic beverages. But when that girth grows and your belt snaps, the fun gives way to misery. There's only one way to enjoy those pleasures (in moderation) with minimising that expanding waistline. Working out well!

Help to burn those heavy carbs, high-calorie beverages, and sugary delights before you've eaten them....with these killer tips to help you stay lean and fit. This programme is designed to help you prepare for a great summer so you can enjoy and feel better about the good times!

- In this programme you will find –
- Fitness tests to complete for weeks 1 & 4 or 8 depending on the challenge.
- Tips to help with a calorie deficit – Intermittent fasting.
- HIIT training and its afterburn effect.
- Importance of stretching.
- Exercise / class sessions to complete.
- Attendance chart to complete.