

Monday, January 9, 2012

Calling on all couples – are you ready to get fit for a good cause?

THERE's just over three weeks to go before the BodyLight weight loss challenge for the Susie Long Hospice Fund kicks off. Teams across Kilkenny, Carlow and Athy have been busy signing up to shed the pounds while raising euros for a good cause. We have teachers, office workers, politicians and retailers but we now want couples and families to join our ten-week challenge.

Diet expert Thomas Brennan from BodyLight will be telling contestants how to eat themselves slim with his special low GI plan. "I can guarantee you that if you follow this plan, you will lose weight. Around 80pc of people who follow the diet, achieve their target in the ten weeks," he said.

Nobody knows better than Thomas himself who shed three-and-a-half stone in just eight months on the plan. "I will be giving contestants food trackers and analysing their diet to help them see where they are going wrong. It's about re-educating yourself about food. You will not be hungry on this diet. It's based on a balanced diet and is simple to follow," he added.

The Kilkenny Ormonde Hotel is offering special gym membership rates to anyone who signs up for the BodyLight challenge. Anyone who registers for the challenge, can get membership at the gym for €310 for the year, €155 for six months or €130 for three months.

Prizes are up for grabs for the "biggest loser" – the individual with the highest percentage weight loss – and the team who fundraises the most for the hospice fund. A finals night will take place in April when contestants can show off their new figures.

Weekly weigh-ins take place in Kilkenny, Carlow and Athy. Cost is €100 per contestant for the 10-weeks with all money going to the SLHF. Contact Thomas Brennan to register today on 087-2228911. Find out more and get diet tips by following us on Facebook <http://www.facebook.com/SusieLongHospiceFund>