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The Contours 6 Week Challenge weekly newsletter



CHALLENGE YOURSELF
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1st Edition



Dear Challenger

Congratulations!

You have chosen to make the first step towards a healthier and fitter you!

Each week during the 6 Week Challenge you will receive an email like this from the Contours team. We will provide you with special tips, offers and bonus recipes for you to try out.

We hope you find these emails helpful in your exciting journey to a healthier lifestyle and we wish you all the best for the coming weeks.

We know you can do it!!



Health & Wellbeing Tip

You are setting out on an exciting new journey! Now is the time to set your goals and map out where you really want to be in 6 weeks' time! We want you to love your future self in 6 weeks' time. Write down the following points on a piece of paper and display it somewhere you will be able to see it during the challenge.

- What is your ultimate goal? (this is your long term goal)
- Dissect this long term goal into short term goals to assist you in aiming for and succeeding your long term goal. Write these as weekly goals for 6 weeks. (E.g. I will go to the studio 4 x per week and walk 2 x a week with the dog.



Bonus Recipe

Chicken Rolls with Spinach and Green Beans

[download the recipe](#)



Special Offer

Red Balloon is Australia & New Zealand's leading experience gifts retailer. From giving someone an experience they've always wanted to do, to gift vouchers and an amazing array of vibrant [gift boxes](#), you'll be sure to find the perfect present for any occasion. Choose from helicopter flights, romantic dinners, massage, V8 race driving and more.

Get \$30 off when you spend \$129 or more on the Red Balloon website: redballoon.com.au

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Quote of the Week

Don't let anyone tell you, you can't! YOU CAN!





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