



Body By Jenn Challenge



“GET REAL RESULTS THAT LAST WITH BODYBYJENN!” - JENN

MEET THE CONTESTANTS....

KAY PETERS



Is a 46 year old mother that has a son in college and works as a counselor. Kay loves to salsa dance and make hot sauce! Her weakness is caring for others and neglecting herself.

She's taking a stand by changing herself by putting her health first, and simplifying her life. By removing the toxic items in her life and bringing in the sunshine she will accomplish these goals!



EBONI DYE



Is a proud mother of three and grandmother of two. She enjoys quality time with her family and going on bike rides with her husband. Eboni works 65-90 hours a week in the medical field helping others stay health and heal properly, however she has been neglecting the most important person, herself. In



her work profession saying “no” is rarely said and in her personal life that is the same issue. This is one of her weaknesses and another is snacking. Eboni's goal is to be health, tone, have energy, and feel better about herself.

MELISSA SWEDA



Is a Ph.D. student at Wayne State

who is taking time out of her busy schedule to concentrate on daily exercise and healthy eating with Jenn's challenge. She



enjoys the integration of strength training and boxing techniques in Jenn's group workouts that make exercise fun!

FREDA FARRAT

Is 31 years old and a massage therapist that specializes in traumatic brain and spinal cord injuries. Her job is very demanding and at time she feels exhausted, her goal is for this bootcamp challenge to keep her consistent throughout the day. Her goal is to get lean and toned. She also loves cooking clean organic food!



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RANA BAYYOUK

Is a 41 year old mother to four kids and has a very busy schedule with sports and activities. When she works out she feels strong but she wants to shred fat and get lean. Rana feels this challenge will keep her to stay motivated and give discipline with clean eating and working out.



should be her jump start to maintain a healthy lifestyle. She's been married for three years and has gained 35 lbs since her wedding day. She is also a real estate broker focused on working hard and her schedule is different each day. Her schedule makes it hard to eat right and usually eats out 3-5 times a week.



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JAMIE LINDHOLM

Is 29 years old and works as a speech pathologist which includes speech and swallowing rehab for patients with head and neck cancer. She's getting married in a few weeks and has a life filled with love from her family, friends, and most of all her dog, Dakota. Jamie's life is so busy with her work, family, and friends that she



has let her own fitness deteriorate over time. She loves sweets and all so it's been a challenge to keep that in line, especially since she's a stress eater! Jamie joined this contest not to get in shape for the wedding, but to try to make some solid eating changes that will carry over to a busy life after the wedding. On top of it all she is also going back to school to get her Ph.D. while working full-time.



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COLINE SARAFI

Is 44 years old with two kids and has been overweight her whole life. She's already lost 60 lbs since her 20's and making sure it stays off. Coline



gained her weight after both pregnancies and managed to lose all but 10 lbs which goes up and down. In the past year, she has plateaued and cannot get down to less than 160 lbs. She tries to work out 4-5 days/week but her weakness is late night snacking. She does so well during the day and then after her kids go to bed she joins her husband watching T.V. and all she wants to do is eat...everything.



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TOBY GORDIN



Is a 40 year old high school teacher, married with two boys at the ages of 11 and 12 years old. Toby's dedication, Jenn's workouts, taking Juice Plus, watching what she eats and doing the 3 week cleanse twice, she has lost 33 lbs since June 21st. Her weight has fluctuated for years, but she has never been able to reach her goal. She

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CHRISTINA GENNARI

is 34 years old and has always been on a roller coaster with her weight. She takes one step forwards and two steps back when trying to lose weight. Christina is looking to take off a substantial amount of weight and keep it off. This challenge





wants to use this challenge to take her closer to the additional 15-20 lbs. she wants to lose. Weight loss has certainly begun slowing down and thoughts of weakness foods have increased. She believes this is the kickstart she needs.



GILLIAN REILLY

Gillian likes to have fun and have a good time. She is young and trying to make a healthy change. It all starts with her balancing aspects in her life like career and dating. Her weakness is staying on track



for her diet but joining this challenge she is hoping it will change. She loves attending Jenn's workouts and feeling the difference already!



What does the CHALLENGE CONSIST of?

This challenge is to help keep contestants on a schedule to get healthy, lose weight, and feel great about themselves. There will be a regular schedule of meals and water intake that will be sent to these contestants to get the ultimate experience. These meals are based off either Body By Jenn's meals or the Sexy Slimdown to lose up to 15 lbs. There will be group text messages to keep the contestants on top of their health to become successful!

WINNER RECIEVES...

A \$200 prize or a

12-week bootcamp with Jenn!

NOT TOO LATE

TO JOIN

THE FUN!

Body By Jenn
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