

Go from zero to 10-km hero

Join the Shape & Run/Walk for life 10km challenge

Are you a little ambivalent about running? True, it's one of the best cardiovascular and weight-loss exercises – but it can be hard! There's all that bouncing, pounding, huffing and puffing, yet you know you're going to feel great when you're done. And your body does benefit in the form of a healthier heart, stronger legs, and a leaner physique overall. To make it easier on you, we've teamed up with Run/Walk for Life who are experts in gently guiding novices to the finish line – injury free! The *Shape/RunWalk For Life 10km Challenge* will take you zero to 10-km hero in just 12 weeks, and we guarantee you'll feel stronger, be fitter and slim down. **Register now!**

WHAT YOU GET:

- ▶ An initial fitness assessment
- ▶ A progress logbook
- ▶ A monthly computerised report detailing distances, weight loss etc.
- ▶ Nutrition support and advice
- ▶ A scientific evaluation before buying your running shoes, PLUS R100 off any pair of New Balance
- ▶ A weekly weigh-in
- ▶ 12-month subscription to *Shape*
- ▶ A *Shape* goodie bag, including a water bottle and peak cap
- ▶ Supervised training in a safe, secure group environment with plenty of motivation, inspiration and support!

COST: R350

To register, call 0861-005-566, or go to
www.shapemag.co.za



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