

Another 2.25 lbs Yeah for me! I can't believe we are mid point of the challenge already. Shawn and I won a body contour Mud wrap package from Healthy Options Centre Inc.(Rhonda Axani). Let me tell you... what an experience! We were mummy's and astronauts all in the same hour. Shawn went first and all I could do was laugh and take pictures...it was funny! Than when it came to me it wasn't so funny, it was hard to laugh in bandages. I think I found next years Halloween costume J.K.

Did you know that this exact wrap was used for all the Hollywood's actors for this years Oscars as one of their gifts and preparations for the big day. I can now say I got Oscar treatment!! I highly recommend this wrap if you are looking for immediate results (like bikini season, little black dress you name it). Thank you Rhonda for the wraps and laughs!!

To Rhonda and Healthy Options for this wonderful gift, Thank you, it was greatly appreciated.

*~ Corrinna*

First off I would like to Thank my nutritionist Jaime at SFL for the wonderful support and great tasting food. Extreme Pita for all the YUMMY healthy options.. I look forward to eating out and not feeling guilty for my choices! This has not only benefited myself but my parents as well. They have now joined SFL and made a life-style change right along side us...but my brother still likes his beer.

We would just like to say "Thank you" to everyone involved for this wonderful opportunity. Your support makes us stronger! Next week stay tuned for Red teams results from beginning to week 7.

*~ Shawn*

