



SUPER-FIT FOX

Amy Backhouse

Amy was the winner of our final **Fox Biathlon**.

- Biking and running her way to first place and winning the **Super Fit Fox** title.

Amy also smashed through the 12 weeks with a record number of workouts.

- She was out with the Foxes but usually those sessions backed up her gym sessions.
- She even broke her Garmin during the 12 weeks - which probably couldn't keep up with the Calorie Burn count !

Amy had a great **Transformation** losing both inches and body fat (keeping her muscle !

- Her strength increased in all areas in our fitness testing !

To reward her, she has won a mini makeover with my very favourite Dasmee in Redcliffe.

- You don't have to choose the sparky pink nails but they would look great on you!

Amy also wins a Tough Mudder training program.

I may need to sign you up on my Adventure Racing Team as well!

Congrats Amy.

You Foxed it !

Ali Fox.



14th June 2013