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### **Local Businesses Help Vaughan Woman Undergo the Ultimate Transformation**

Real Fitness for Women is pleased to announce the beginning of its Real Transformation Challenge. The 4-month transformation program will be undergone by Dawna Borg, a Woodbridge resident who was selected from a pool of applicants to undergo an intensive 4-month transformation process.

The challenge, which was presented as a contest for local Vaughan residents, includes over \$7,000 worth of free services. Real Fitness for Women launched the campaign in partnership with U Weight Loss Clinic, Textures Hair Salon, Renaissance Spa & the local Longo's grocery store. Dawna Borg's transformation challenge, designed to help her live a healthier lifestyle, will include regular weekly sessions with a personal trainer and nutritional counseling. As part of the prize, Borg will also receive spa treatments, massage therapy, hair and make-up makeovers and Longo's food certificates.

"Our facility has always been focused on helping women feel better about themselves" said Linda Plati, co-founder of the fitness facility. "We wanted to do something to give back to the community, while at the same time show the women of Vaughan the benefits and results of a healthy lifestyle".

The goal of the program is to help Borg experience an everlasting transformation with the help of guidance, motivation and expertise. The transformation challenge is designed to transform Borg inside and out, and help her achieve the desired results while having fun. Borg will be placed on a regimented fitness and nutrition program designed especially for her. Her progress will be monitored closely by a nutritional counselor and personal trainer.

"I'm so ecstatic to have been chosen for this program" said Dawna Borg. I look forward to undergoing this energizing transformation over the next 4 months and emerge with a different attitude on health and fitness".

Dawna was picked from a large pool of applicants whose compelling stories and health history were reviewed by the various Transformation Challenge partners over the last month. The goal was to find an ideal candidate with the necessary commitment & drive to achieve the desired results.

About Real Fitness for Women:

Real Fitness for Women, Vaughan's largest women's club, is in their tenth year of operation. The fitness facility features state-of-the-art equipment, an indoor pool, experienced personal trainers and over 40 weekly fitness classes. The club's mandate is to help members adopt a more healthy and fit lifestyle by offering a club exclusively for women that exemplifies trust, care, comfort and empowerment.

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