

# HEALTH & WELLNESS



## THE REAL TRANSFORMATION CHALLENGE



Dawna Borg & her trainer

Real Fitness for Women is pleased to announce the beginning of its Real Transformation Challenge. Dawna Borg, a Woodbridge resident, was elected from a pool of applicants to undergo this intensive transformation. The challenge, was presented as a contest for local residents, includes over \$7,000 worth of services. Real Fitness for Women launched the campaign in partnership with U Weight Loss Clinic, Textures Hair Salon, Renaissance Spa & the local Longo's store. Dawna's transformation challenge will include regular sessions with a personal trainer and nutritional counseling. Borg will also receive spa treatments, massage therapy, hair and make-up makeovers and Longo's food certificates. For more info contact 416-689-9289. Stay tuned for updates on Dawna's progress.

*Photography by Rob Johnson Photography*