

HOW TO ENTER:
Visit our website
yourfitnesstoday.com
for your chance to win*

* Terms and conditions apply

reader's **COMPETITION**



WIN A BODY TRANSFORMATION PACKAGE



We've teamed up with award-winning weight loss expert Mr Koidis to give one Your Fitness reader a bespoke New Year's health and nutrition plan

WORTH
£1,250

Fitness levels can often take a dip in the festive months, so we've lined up the perfect prize to ensure your exercise goals stay firmly on track...

One lucky *YF* reader will experience improved health, vitality and longevity in the form of bespoke diet consultations from one of London's most sought after nutritionists. With a PhD in innovative weight loss techniques and a specialisation in female health, Mr Koidis has held the highest success rate in women's weight management for the past three years running, making him the perfect candidate to reboot your body for 2017!

This exclusive prize includes three consultations with Mr Koidis where a bespoke tailor-made nutrition plan will be designed to suit your goals. Plus, you will get to know every last detail of your body with a well woman in-house metabolic blood test and a state-of-the-art full body composition analysis test that measures fat, muscle, bone tissue and metabolic age.

For more information visit w1nutritionist.co.uk

T&Cs: The prize can be used by the appointed winner or a family member only and will expire on the 1st of March 2017.