**FOR IMMEDIATE RELEASE**

Fernwood Fitness’ 6 Weeks to Strong Challenge Begins Nationally August 7, 2023

*Focusing on sustainable results and technique, not looks or aesthetics*

The experts in women’s health and fitness are showcasing their position as industry leaders with their brand-new 6 Weeks to Strong Challenge.

Beginning on August 7th, 6 Weeks to Strong is designed to achieve sustainable results and teach great lifting technique. The challenge goal is to master six essential functional movements to have challengers across the country feeling their best and strongest in all areas of their lives.

With full support from Fernwood’s expert staff and trainers, challengers receive weekly nutritionist-designed meal plans, weekly in-club workouts and educational content on each functional movement, and a challenge journal to document their progress. Plus, those that complete the full 6-weeks of the challenge go into the draw to win a $6000 wellness prize pack including spa, beauty and activewear vouchers.

Fernwood’s 6 Weeks to Strong Challenge is a breath of fresh air within a market that is saturated with fitness challenges focusing on looks and aesthetics. 6 Weeks to Strong focuses on building functional strength that can elevate everyday life and activities.

**[INSERT QUOTE FROM CLUB STAFF / MEMBER ABOUT BENEFITS OF CHALLENGE OR WHY THEY SIGNED UP]**

Those wishing to participate can sign up until Friday, August 11, 2023. Become your strongest self and sign up [here](https://www.fernwoodfitness.com.au/campaign/6weekstostrongchallenge)!

--

[Fernwood Fitness](https://www.fernwoodfitness.com.au/why-fernwood/about) are the health, fitness and wellness clubs more than 70,000 women across Australia love. Every club is purpose-built with women in mind, so they feel empowered to shine in all aspects of their lives. From strength and weight training to high-intensity workouts, yoga, Pilates, meditation, nutrition coaching and more – Fernwood Fitness supports every woman to feel fitter, stronger and healthier in a supportive, diverse and welcoming environment.



# –

Fernwood [CLUB NAME]

**[CLUB STREET ADDRESS]**

**[SUBURB, STATE POSTCODE]**

fernwoodfitness.com.au

EMPOWERING

WOMEN TO SHINE