



The Charity

The University of Huddersfield and its China Office want your help to support a number of orphaned children in a remote primary school in Guizhou Province in China.

Last year they raised funds for the children through a variety of different activities and this year we plan to beat it!

VCO - 10 Week Challenge

The challenge is simple, Team Hud will help you lose 10lb (depending on your weight) within 10 weeks. This challenge will get you fit and ready for summer as well as helping to fund a great cause.

So, how does it work?

A £10 donation for our chosen charity plus a £5 admin fee is all that is required to join the programme. You will then be set a 10-week weight loss target, nominally 10lbs (but this can vary depending on your weight). Visit Team Hud for the next 10 weeks to be weighed – just like Slimming World but without the £5 weekly fee! to keep track of your targets. To add a little competition, there will be a special prize at the end for all participants who meet their 10lb challenge target! As a special incentive to get you started we have put together some amazing packages at bargain prices, please see below:

Basic - £10 donation + £5 Joining fee – 10 weekly weigh ins

Standard - £10 donation + £20 Standard package – 10 weekly weigh ins

- 10 weeks inclusive gym & class membership

Premium - £10 donation + £50 Premium package – 10 weekly weigh ins

- 10 weeks inclusive gym & class membership

- 10 week weightloss programme

- Nutritional Seminar + Support

Any queries contact Matt on by M.Johnson2@hud.ac.uk or come down to the Sports Centre Reception.