



The power of motivation and attitude

Description

Michelle Lees, a team leader in Branch Network, was crowned the overall winner of Finesse magazine's weight-loss competition this year.

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Michelle's achievement proves that, with the right attitude and motivation, we can all achieve our goals. We are proud of Michelle and the determination and spirit she showed along her weight-loss journey.

She entered the Finesse magazine "Nuwe Jy" ("new you") challenge in February this year.

"After 60 days of following a weight-loss and exercise journey, I had to submit before and after photos and motivate why I should be selected to receive the makeover of a lifetime," she says.



In April, Michelle was chosen as one of the top 10 contestants. “We received sponsorships from the Slender Wonder weight-loss programme, Pulse EMS exercise sessions, Placecol skincare, psychologist sessions, hair makeovers, colour personality analysis, and a brand-new smile from an I Love My Smile prosthodontist. The top six women were also featured in Finesse magazine,” she says.

“I lost a total of 28kg – and tons of emotional baggage. The cherry on top was walking away as the winner of this year’s programme at the finals on 17 September. It was truly a life-changing experience.”

Category

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