



Onelife Body Transformation Challenge is Back — **And Better!**

After a groundbreaking debut in 2023, the **OneLife Body Transformation Challenge** returns for its **second edition**; stronger, more exciting, and with even more ways for you to transform your body, mind, and lifestyle.

This 10-week challenge is more than a fitness program, it's a movement. It's about unlocking your potential, embracing healthy living, and becoming part of the OneLife Tribe that lives our brand promise: **Improving life, rather than just insuring it!**

Why Join #OLBTC2025?

This year's challenge will take you on a holistic health journey of **fitness, nutrition, wellness, and mental health!** You will be connecting with a vibrant community of challengers, coaches, and partners who will keep you motivated every step of the way.

Whether you're an experienced athlete who has fallen off their health and wellness goals, a weekend warrior who needs to build consistency, or starting from scratch, OLBTC will help you push your limits and celebrate your wins every step of the way. It is all about **TRANSFORMATION!**

**ONELIFE BODY
TRANSFORMATION
CHALLENGE 2025**





What's New in 2025?

- Bigger Prizes: Over ZMW 40,000 in cash prizes, exclusive rewards and health & wellness benefits.
- Expanded Partner Network: More fitness partners, wellness and nutrition brands onboarded to bring you the best support and perks.
- Bootcamps: Bigger venues, more energy, more Tribe spirit.
- Live Finale Event: This year finalists will complete in an ultimate showdown event to showcase agility, strength and transformation!



SCAN TO REGISTER

2025 PRIZES

- **Top 3 Male and Female Category Overall Winners:**

🏆 **ZMW 10,000**

🥈 **ZMW 7,000**

🥉 **ZMW 4,000**

- **Special Recognition Awards** for commitment and consistency.
- **Affiliate Partner Giveaways** and exclusive discounts for participants.

Join the Challenge! Own Your Transformation!

The OneLife Body Transformation Challenge is about **more than fitness** – it's about **community, resilience, and living your best life**. Every workout, every recipe, and every challenge brings you closer to the lifestyle you deserve.

- Limited Spaces — **sign up today** and take your first step towards your 2025 transformation.
- **Dates:** 1st September – 08th November 2025
- Registration closes: 25th August 2025

OneLife Body Transformation Challenge 2025 — Your Body. Your Mind. Your OneLife.