



CHALLENGER HANDBOOK

Duration: 01 September – 08 November (10 Weeks)
OneLife. OneBody. OneShot.

Dear Challenger,

Congratulations and welcome to the OneLife Body Transformation Challenge 2025!

You asked, we listened — and now, we deliver the second edition of Zambia's biggest health and fitness transformation journey. Over the next 10 weeks, you'll push limits, learn, grow, and discover what's possible when you commit to living better.

This handbook is your guide. Keep it close, and use it to stay informed and inspired throughout your OLBTC journey.

Together, we are improving your life, not just insuring it.

Key Details

Challenge Duration

Start Date: 01 September 2025

End Date: 08 November 2025

Total Duration: 10 weeks

Bootcamp

Sessions

Time: 17:30 – 19:00

Days: Monday – Thursday

These are your core training sessions led by expert coaches. Consistency here will drive your transformation. Your trainers will be on hand to guide and support your journey.

BOOTCAMP VENUES:

According to preferred registration location, You will attend your bootcamp sessions at:

HEALTH ESPRIT-IBEX HILL | GYMKHANA – SHOWGROUNDS | GLADIATOR GYM- MAKENI



OLBTC Open Days

Invite a friend and share the challenge experience!
Attendance of these open days impacts your overall attendance score as well.

- Every Second Saturday starting 13 September
- Time: 06:00am – 09:00am
- Venues: Rotatating Venues To be announced
- Activities: Challenger of the Week competition, community aerobics and runs, nutrition workshops and spotlight moments.

Competitions & Recognition

Challenger of the Week

- Awarded twice a month during Open Days.
- Recognizes consistency, improvement, effort, and Tribe spirit.

Finale – Zambia Day of Fitness

At Week 9, challengers will be evaluated and cut to the Top 20

These Top 20 will compete live at the OneLife Body Transformation Challenge Finale at the Zambia Day of Fitness.

Winners will be crowned in male and female categories, ensuring fair competition.



Evaluation Criteria

Transformation winners will be selected based on:

1. **Bootcamp Attendance Consistency** – 80% Attendance and participation in bootcamps.
2. **Strava Kilometre Tracking** – Challengers must join OLBTC strava community where kilometres accrued in walking and running activities during the 9 week period will be aggregated towards your score. You are in charge of your mileage.
3. **Bi-Weekly Challenge Completion** – Participation in the Open days where challengers will have mini-challenger competitions across disciplines.
4. **Physical Transformation** – Measured progress from baseline diagnostics.
5. **Top 20 Finale Showdown** – The finale showdown for top 20 will determine the ultimate winners of the transformation at the Zambia Day of Fitness.

2025 Prizes



Top 3 Winners (Male & Female Categories):

- 1st Place – Cash Prize & Wellness Package
- 2nd Place – Cash Prize & Wellness Package
- 3rd Place – Cash Prize & Wellness Package

Your Commitment

The challenge is more than workouts — it's about building lasting habits, supporting your Tribe, and embracing a healthier lifestyle. Show up, stay consistent, and play your part.

Stay Connected

WhatsApp Community – Follow the OLBTC channel for updates

Weekly Emails – Stay up to date with emails for Onelife on event updates

Social Media – Tune in for highlights, stories, and celebrations via our media channels; Facebook, Instagram, X.

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You are now part of something bigger — the OneLife Tribe. Every drop of sweat, every early morning, and every milestone takes you closer to your best self.

Let's transform together.





**The OneLife Body Transformation Challenge 2025 is
powered by OneLife Assurance Zambia:**

Improving Life, Not Just Insuring It.



onelife.

