

This week the Drivetime Team were challenged to a life changing experience!

Ben Owen from '[FAST Way to Fitness](#)' popped into the studio and challenged our Drivetime presenters Sara Goddard and Karl Davies to attend their Fitness Camp and of course, they accepted.



Karl and Sara are known around the office for their cheeky banter and boisterous nature but what we didn't know is that they have the worst Diets possible.

This week they've maintained a strict Diet and attended the Fitness Camp at 6:15am 3 times a week. In the first week they have lost 15lbs between them and they're feeling great. Tune into Drivetime everyday this week from 4 - 6 to see how long they can stick it out for.

For more information on this life changing experience go to: www.fastwaytofitness.co.uk