

Fitness and beauty go hand in hand



Amila Chaturanga



Ireshan Deshappriya



Harsha Lakmal



Mithila Abeysekara



Randy Senevirathne



Randika



Sameera Liyanarchchi



Viventhra John



Chanaka Dickman



S. Umesh

Fitness First, Fitness and Wellness Centre proudly presents a gala interactive all-island beauty pageant Mr and Ms Perfect on February 5, 2011 at the main Ball Room, Waters Edge.

This event one of the highlights of the year 2011 will comprise a show of beauty and fitness and a variety entertainment that will bring the beauty and fitness industry on to a

one platform to crown the perfect among the finalists. The show will be superior entertainment experience for the audience.

The event will be followed by a dinner, music provided by a popular music band Marians and an after party. During the event many exciting events will take place such as raffle draws competitions during the dinner dance and valu-

able gifts for the participants. Limited tickets for the show are available and can be obtained from the World Trade Centre and at Maitland Crescent Col 7, Fitness First Branches, as well as at Galle Face Hotel. Also reservations can be made on 011 2338840 & 0773204695.

Mr. and Ms. Perfect is organised with a clear objective of creating aware-

ness and promoting beauty, health and fitness, to help our nation achieve a healthy lifestyle.

Mini pageants of Perfect Show, Mr and Miss Personality, Mr Physique Miss Body Beauty, Mr and Miss Photogenic, Mr and Miss Energetic were held on January 23, 2011 at the Surf Hotel Bentota. The mini pageants Photography was by Nadun Baduge.



Anne Piumali



Charitha Waidyasiri



Krishani Paliyawadane



Madushani Kumari



Nadisha Yapage



Nimasha de Silva



Sumudu Prasadani



Udari Kaushalya



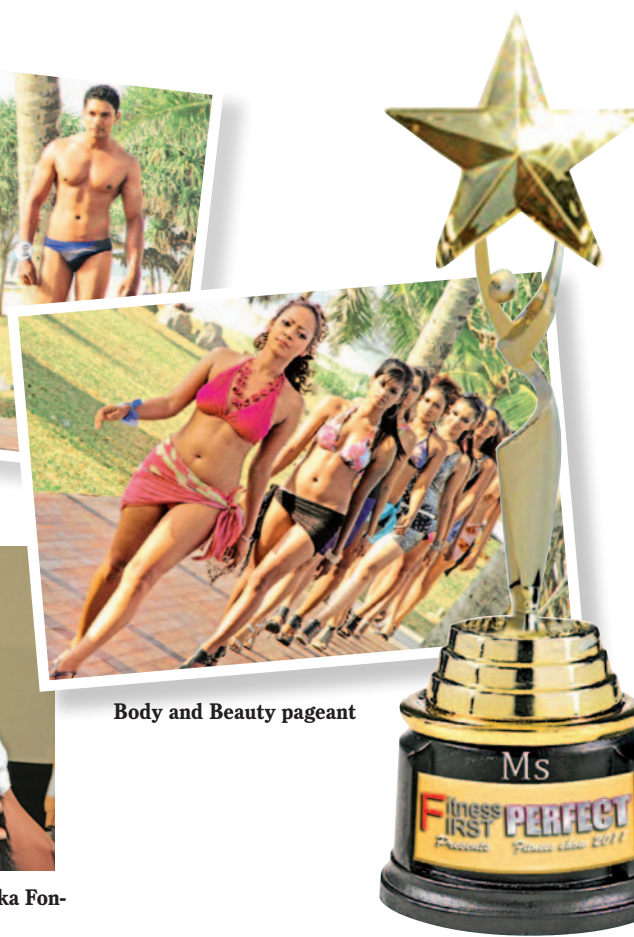
Nishuka Jayawardena



Catwalk - Mr. Physique



Judges - Mr. and Ms Personality - Dhanushka Fonseka and Ureni Noshika



Body and Beauty pageant



Judges Mr. Physique and Body Beautiful



Judges (L-R) Thanuja Senevirathne, Aruna Aluthge and Rozanne Diasz



Vajira Perera