

# COMPLIMENTS

## LIFESTYLE & WELLNESS

### IT'S A NEW YEAR & TIME TO BE A FITTER YOU! LET THE CHALLENGE BEGIN! BATTLE OF THE DYNAMIC DUOS! STARTS JANUARY 11<sup>th</sup>

#### WHAT DO YOU NEED TO DO?

CREATE YOUR DYNAMIC DUO – YOU PLUS ONE OTHER PERSON (all participants must have an active class pass)

- If you don't know someone, we will pair you up with another person.
- If there's an uneven number, or no one to pair you up with, we'll pair you up with a duo to make a team trio!
- All registrants will receive weekly journals and other tools & resources during the challenge to encourage success. Registration fee is \$10 per person per challenge.

ALL REGISTRANTS MUST TURN IN WEEKLY JOURNAL PROVIDED TO BE ELIGIBLE TO WIN!! (at least 75%-3 per challenge)

- Weekly journals will be reviewed for accountability and recommendations.
- Journals will be returned to participants within a week to receive feedback.

BODY MEASUREMENTS, WEIGHT & BODY MASS INDEX WILL BE RECORDED AT THE BEGINNING OF CHALLENGE & EVERY (30) DAYS DURING CHALLENGE. REGISTRANTS CAN PARTICIPATE IN FREE FITNESS ASSESSMENT.

- Select a dates & time for Measurements, BMI & Optional Fitness Assessment when registering:
  - Monday, January 4<sup>th</sup> @ 6:00pm
  - Tuesday, January 5<sup>th</sup> @ 5:30pm or 6:00pm
  - Wednesday, January 6<sup>th</sup> @ 6:00pm
  - Thursday, January 7<sup>th</sup> @ 5:30pm or 6:00pm
- FYI - the assessment includes:
  - Measurement of upper-body strength (push-ups)
  - Measurement of lower-body strength (leg squats)
  - Measurement of core strength (crunches)
  - Measurement of flexibility (sit & reach)
  - Measurement of cardio fitness (3-minute step test)

#### REGISTRANTS HAVE THE OPTION TO ATTEND FREE HEALTHY WEIGH MEETINGS AS SCHEDULED

Mon., January 11th @ 7:30p      Mon., January 18<sup>th</sup> @ 7:30p      Addl. Meetings TBA: @ least (2) offered per month

#### WINNERS WILL BE DETERMINED EVERY (30) DAYS BASED ON AVERAGED % OF DUO/TRIO

- Greatest Inch Loss %
- Greatest % Increase of Fitness Level (fitness assessments required of all in duo/trio)
- Greatest Weight Loss %

New Challenges start January 10<sup>th</sup>, February 7<sup>th</sup> and March 7<sup>th</sup>. Duo/Trio Teams are subject to change with each challenge depending on participation (new and continuing registrants). No team can win more than (1) category per challenge.

#### WHAT DO WINNERS GET?

- An improved body that's more fit and healthier! :)
- Recognition, Accolades and Admiration! :)
- **\$35** Gift certificate for each winning team participant to apply to any class, training, merchandise or product – including Zumba items, Cinch Inch Loss products as well as other products we offer on-site or online. (Standard Retail Price, including applicable shipping & excludes promo prices).