



TAKE CHARGE OF YOUR WEIGHT

WEIGHT LOSS BOSS WELLNESS CHALLENGE SERIES

Halloween candy, Thanksgiving feasts and holiday parties, the last few months of the year can test even the most disciplined weight watcher, and before long, eating healthier and losing weight are at the top of your New Year's resolution list. Luckily, the Y is here to help jump start your January with the Weight Loss Boss, the newest offering in our Wellness Challenge Series. This challenge is sure to help you start the year off right by taking charge of your health!

HOW IT WORKS: Compete as an individual against other members in this 6-week individual fat loss wellness challenge. Participants will schedule a fitness consultation with our wellness staff, along with an Inbody, body composition scan, to determine your starting point. Wellness staff will then help you customize a fitness program for the duration of the 6-week challenge and provide you with a food tracking log. The top male and female at each Center with the highest percentage of improvement in body composition (decrease in body fat), will win a gym bag and a \$25 gift certificate for Y programming. All participants will receive a t-shirt upon completion of the challenge.

REGISTRATION DATES: January 1-20

CHALLENGE DATES: January 18 - February 28

FEE: Y Member - \$25; Community Participant - \$85

For more information about the Weight Loss Boss Wellness Challenge, please see the rules and regulations on the back of this flier or contact: Raschel Biagioli, Association Fitness Programming Director, at 414-274-0807 or rbiagioli@ymcamke.org.

GET READY TO LOSE WEIGHT LIKE A BOSS!!





RULES AND REGULATIONS

- The top male and female at each Center with the highest percentage of improvement in body composition (decrease in body fat) will receive a grand prize.
- Open to all YMCA members. (Ages 10+ with Youth Wellness Orientation)
- Participants must schedule an appointment for an Inbody scan for challenge weigh in prior to the challenge start date. Appointments for an Inbody scan are available January 11-20.
- The final weigh out will occur between February 22 and March 3rd.
- During your fitness appointment you'll customize a workout plan that includes workouts up to 5 days per week to help you work toward your fat loss goal.
- Workouts may include but are not limited to group exercise classes, cardio machines, strength training circuits, weight lifting, stretch based exercise, water exercise, etc.
- These are recommended workouts, you may change up your routine as much as you like. Record your completed workout in your log.
- You can go above and beyond your workout plan but we recommend you schedule rest into your weekly plan for proper muscle recovery.
- Participants can take a copy of their workout plan with them and a copy will be kept in a binder located in the Fitness Center.

RULES AND REGULATIONS CONTINUED

- Log each workout and receive 1 point per workout recorded. Points will be recorded on Tuesday mornings at 9am.
- Participants are given a weekly food log to record what you eat each day of the week.
- Log your food you and receive 1 point for each day recorded. Points will be recorded on Tuesday mornings at 9am.
- MyFitnessPal or other online tracking print outs will be accepted.
- Weekly health tips will be provided at the beginning of each week.
- Community participant registration includes a 6 week membership.

PRIZES

- The top male and female at each Center with the highest percentage of improvement in body composition (decrease in body fat) will each receive a grand prize, a Gym bag and \$25 gift certificate toward YMCA programming.
- Points are recorded for completed workouts and food logs. In the event of a tie, the participant with the most points will be awarded the grand prize.
- Score more than 55 points and your name will be entered into a raffle for Y gear.
- All participants will be awarded a t-shirt for completing the challenge.

**10%
OFF**

MAXIMIZE YOUR RESULTS!
When you join the Weight Loss Boss wellness challenge, you can save \$12-\$30 on select personal training packages.

Offer valid for purchase between 1/1/16-2/28/16. Offer valid on Team Training package and/or Individual 30 minute packages only. Offer can be used on multiple package purchase. Coupon valid for Weight Loss Boss wellness challenge participants only. All sessions purchased through this promotion will expire on 6/30/16. No refunds or credits will be given for unused sessions.