

BFIT'S BIGGEST LOSER



Who: Designed for those who have 10 or more pounds to lose.

Where: At any of our BFit designated spaces:

Good Life Financial, Adamstown YMCA or Cocalico Community Church

Important Information and Registration Meeting:

April 10 at Good Life Financial Community Room: 6:00 – 7:00 PM

~located at 2395 Lancaster Pike, Reading PA 19607

All interested participants should attend our information and registration meeting where you can learn more about the program and hear from some of our successful participants.

Start Date: April 15 & April 16. Your official weigh-in will take place at the beginning of your first class session. Your final weigh-out will take place on the last day of your last workout session.

Week of April 15, 2018: This is all about, planning, preparing and setting ourselves up for success. During this week, you will be goal setting, getting house in order, getting rid of unhealthy foods and replacing with those foods that support your goals. Also, getting yourself ready for regular exercise, buying clothes and shoes if you need to. The next 10-weeks is about you! And, you will need to do whatever it takes to help yourself succeed.

Here are some things you can expect:

- **Weekly Exercise Homework:** Each week I will post to our private page and via e-mail what your exercise homework will be, which will include a BFit exclusive 5X5 20 min or less exercise routine, which you can do at home and is also a great workout for our online participants. In addition to your 2 days with BFit, it is recommended that you exercise at least 2 other days.
- **Weekly Weigh-In's.** These will take place weekly with your team, at the 2nd workout of the week.
- **Weekly Goal Setting: Will take place after your weekly weigh-in or online or via conference call.**
- **BFit's Customized Nutritional Guidelines:** This is our guide and system that teaches you about healthy eating, and is a tool toward learning healthier food choices for a healthier way of life. Each person will receive theirs via e-mail from Anne Hess.
- **Access To Me Throughout the Program.** I encourage you to reach out as often as you need if you have questions or concerns or for any assistance you may need.
- **A team shirt and a team power bracelet will be given to each team member.**
- **Weekly Tips, Challenges and Motivational E-mails and/or Posts.**

- **A Private Facebook Page.** This is used for added social support, motivation and a place where you can find helpful information, and a place where you can post your goals.
- **Incredible Team Experience.** Group camaraderie, to share and communicate, accountability; life changing lessons, greater health and lots of fun! (Value=Priceless)
- **PRIZES: A Chance to Win Cash.** Cash prizes will be awarded to our top Overall Biggest Loser that loses the greatest % of body weight, plus a prize to each team member that loses the greatest % of overall team body weight.

Program Components

Individual participants will be assigned to a team. Our live teams will be led by Anne Hess, Certified Personal Trainer and Nutrition Health Coach. Positions on the teams will be given out on a first come, first serve basis. Teams will be limited to 5 people per team.

Each participant will be required to meet the following exercise and nutrition commitments.

Exercise Commitment: In addition to the two trainer-led workouts per week, participants will be given exercise homework and daily exercise assignments that they are to complete on their own.

Nutrition Commitment: Each participant will be required to keep a food log of everything they eat. This will include a daily tally of calories, carbohydrates, protein, fat and fiber. Each participant is instructed to follow their personal nutritional guidelines to the best of their ability.

Weekly Weigh-ins: Team members will decide as a team their weigh in day and time.

Weekly Goal Setting: Team members are required to set at least one small weekly goal per week. This should be done with their team and then each person is strongly encouraged to post their weekly goal to our Facebook page.

Getting Started: Prior to beginning the program each participant will need to complete an exercise and health history questionnaire and in many cases will be asked to get their physician's clearance. Our first workout will include, your first weigh-in, measurements, pictures and we will complete at a team at your own pace, 1 mile. We will repeat these measurements and mile at the end of the program.

Some Things You Will Need: Good pair of exercise shoes, comfortable workout clothes, a water bottle, a mat, and strong desire and commitment to succeed. Recommended but not mandatory is a FitBit or some other activity tracking device.

Requirements: Attend and complete all 20 workouts over the 10-weeks. Contribute and be active on our Facebook page. Be willing to post your goals weekly, and be an active contributing team member towards motivating and encouraging your teammates.

Cost: \$275.00 for 10-weeks

Cost for Online Participants: \$100.00

We need a minimum of 10 people at each location to host this program.

“Believe in your dreams and they may come true; Believe in yourself and they will come true”

Believe It! Achieve It!