

# BFIT'S BIGGEST LOSER



**Who:** Designed for those who have 10 or more pounds to lose and want to be fit and healthy for life.

**Where:** Adamstown YMCA, Another location coming soon, My Home Gym\*, Your Home Gym\* or Online

**Start Date:** Your official weigh-in will take place at the beginning of your first class session, or at home if participating online. Your final weigh-out will take place on the last day of your last workout session. We are looking to officially start the 3<sup>rd</sup> week in January!

**When: Tentatively Sunday January 20, 2020:** Our main group classes will be at:

Adamstown YMCA: Tuesdays and Fridays from 5:30 – 6:30 AM and at an undisclosed location  
Tentatively Sundays at either 6:00 or 6:30 am and one week night at 6:30 pm. We are looking into a few very favorable locations, which I am very excited about. I am still working out some details. So, please hold tight, I should have information for you by the end of this week!

Online Participants will be required to attend a weekly team coaching call.

Note: Even if you are not a morning person, I know you can do this for 10-weeks. Trust me it will change your life for the best, and I can almost guarantee you will be glad you made the commitment. Chances are, this really is the best time for you, because you have nothing else going on at this time of day. It will just require a bit of planning, preparing and setting yourself up for success. The next 10-weeks is about you, and you will need to do whatever it takes to help yourself succeed.

## **KEY Program Components**

- **BFit's Biggest Loser New Year New You 2020 is an Individual and Team Challenge: This is a 10-week Program.** There is power in the people, power in the group and your group will be your fuel for success over the next 10-weeks. To sweeten the pot, BFit is offering a cash prize to the Overall Winning Team and a cash prize to our Overall Biggest Loser. Winning team and individual will be awarded based on greatest percentage of body weight lost. Cash amounts will be announced during our first week of the program, as it will be based on number of participants.
- **Weekly Exercise Homework:** Each week I will post to our private program page your exercise homework for the week, 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 3 other days.
- **Weekly Weigh-In's.** These will take place weekly with your team, at the 2<sup>nd</sup> workout of the week.

- **Weekly Goal Setting:** Will take place on your Private FaceBook Team Page and Sunday mornings after our workout.
- **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 their guidelines via e-mail from Anne Hess. They will also receive BFit's All New 5X5 Healthy Weight for Life!

The Crux of this program will focus on 5X5 Simple Success Strategies For Establishing A Healthy Weight for Life:

Commitment to Nutrition:

1. Focus on Healthy Fats and Proteins
2. Focus on Fiber: Fruits, Veggies and Greens
3. Focus on Water
4. Minimal added Sugar
5. Commitment to Fitness – 5 Days a Week with 5X5 Routine 2 times

- **In addition, I will offer weekly BFit's Quest to Be Your Best Challenges, Inspirations and Daily Affirmations:** There will be a variety of simple nutrition, exercise, healthy lifestyle success challenges throughout the program along with daily affirmations.
- **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.
- **Private Program FaceBook Page.** These will be used for added social support, motivation and a place where you can find helpful information. The Program page I will use to post your weekly Quest to Be Your Best challenges, inspirations, tips, helpful info., motivations and our daily affirmations.
- **Private Individual Team Facebook Page:** Your individual team pages will serve as your "circle time" this is your place to get personal with your team, and to post your individual goals, challenges and a place for social support and camaraderie.

### Program Components

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

**Exercise Commitment:** Attend the two trainer-led workouts per week, plus at least 3 other active days completing your exercise homework video, and/or 20-30 minutes of purposeful exercise plus focusing on daily movement of striving to get in the minimum step goal set for you each week. Minimum of 5 active days per week.

**Nutrition Commitment:** Each participant is instructed to follow their personal nutritional guidelines to the best of their ability with our main emphasis on eating real whole foods, fresh fruits and veggies, lean organic protein sources and healthy fats.

**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 their Team 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 and at home dumbbells.

**Requirements: COMMITMENT** to Show Up and attend all 20 workouts over the 10-weeks. Contribute and be active on our Facebook pages. 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/At Home Participants = \$100.00**

**NOTE: Refer or join with a friend and receive 10% off.**

**We need a minimum of 20 people 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!**

**\*there is the possibility of small group training taking place at my house or your house, if Adamstown location, days or times do not work with your schedule. Please e-mail me or call me to see if we can work something out.**