



# THE WEIGHT IS **OVER** CHALLENGE



**join us**

[www.theweightisoverchallenge.com](http://www.theweightisoverchallenge.com)

## **Weigh In/Photo Regulations:**

1. Weigh ins and photos will take place at Powerhouse Troy.
2. Each contestant will wear the same outfit at each weigh in and each photo session.
3. Women are not to wear high waisted pants in photos
4. Photos & weigh ins are to be fasting for a minimum of 12 hours, no liquids the morning of weigh in
5. The goal is to weigh in/take photos under as similar conditions as possible to track your progress

## **Weigh In/Photo Regulations:**

1. CONTESTANTS AGREE TO AN ONSITE WEIGH IN AT POWERHOUSE TROY TO BEGIN THE CONTEST
2. CONTESTANTS AGREE TO 4 INBODY ASSESMENTS TO TAKE PLACE IN PERSON AT POWERHOUSE TROY, OCCURING DURING THE FIRST WEEK OF EACH MONTH OF THE CONTEST
3. CONTESTANTS AGREE TO HAVING BEFORE, AFTER & MONTHLY PHOTOS TAKEN THROUGHOUT THE CONTEST, KNOWING THAT NAMES/FACES & INFORMATION WILL NEVER BE SHARED ONLINE
4. CONTESTANTS AGREE TO 'THE WEIGHT IS OVER CHALLENGE PLLC' OWNING ALL PHOTO & VIDEO MATERIAL SHOT THROUGHOUT THE CONTEST, WHILE PRESERVING ALL CLIENT CONFIDENTIALITY IN SHARED BEFORE/AFTER PHOTOS
5. CONTESTANTS AGREE TO FOLLOW THE PRESCRIPTION WEIGHT LOSS DOSING EXACTLY AS INTENDED, **IF FOR WHATEVER REASON THE MEDICATION IS LOST/DAMAGED THROUGHOUT THE CONTEST, THEY WILL BE ELIMINATED.** THIS IS TO BOTH ENSURE PATIENT SAFETY AND FAIRNESS TO ALL CONTESTANTS.
6. CONTESTANTS AGREE TO FOLLOWING THE MEDICATION GUIDELINES EXACTLY AS DESCRIBED BY DR. ZAYID, UNDERSTANDING THAT INCREASING THE DOSING WILL RESULT IN RUNNING OUT OF MEDICATION THAT WILL NOT BE REFILLED PRIOR TO COMPLETING THE COMPETITION.

# **WELCOME** TO YOUR WEIGHT LOSS JOURNEY

Welcome to your weight loss journey! We are so excited for you to start and ask only that you are patient and diligent in meeting us halfway to make sure we all reach our collective goals. Below we will outline some tips we recommend to achieve maximum results from the medication.

## **SEMAGLUTIDE**

### **WHAT IS IT?**

Semaglutide is an injectable medication that is FDA approved under the brand names Wegovy and Ozempic for the treatment of obesity & diabetes, respectively. Called, Glucagon-Like-Peptide-1 Agonists, these synthetic hormones act on the brain inducing a feeling of satiety (or “fullness”) which decrease portion size and snacking frequency. This combination lowers your caloric intake resulting in a proven reduction in weight over time.



## WEIGHING IN THIS IS KEY!

### OBESITY RELATING TO CHRONIC DISEASE...

DIABETES MELLITUS II

**80x more likely**

when compared to a normal weight

CARDIOVASCULAR DISEASE

**>20% increased risk**

when compared to a normal weight

CANCER

**62% higher all cause mortality**

when compared to a normal weight

DEPRESSION

**55% Higher**

when compared to a normal weight

ALL CAUSE MORTALITY

**40% decrease once reaching a 'normal' weight**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2879283/>

We recommend daily weigh-ins, this should take place first thing in the morning after using the bathroom, while completely naked. The scale should remain in the same place at all times as even the smallest location change will change your reading. [CLICK HERE FOR THE RENPHO SCALE.](#)

This process helps keep you on track by serving as a daily accountability check with the scale. While this will show you daily fluctuations, it also gives us a more accurate read of what trend we are heading in. As long as the number on the scale is going down, then we are reaching success.

To our surprise, it is usually just when our patients lose some weight that they find themselves plateauing. We feel the sense of joy of losing weight makes some patients complacent and 'laxed.' After all, what's better than putting on a new outfit to go out for dinner and drinks when you're feeling skinny? ... nothing, but we want you to be able to do this and stay fit!

We all know when we are reverting to bad habits and our guilty conscience tells us not to weigh in. Ignore that voice, weigh in and understand a couple pounds on the scale is not detrimental, but instead a reminder to lock back in and keep going.

# What is InBody?



InBody uses the latest patented and cutting edge technology to provide you with the most accurate results in the industry.

Change the way you view your weight by understanding your health by seeing how much muscle, fat and water you have instead of relying on a number on the scale.

In less than one minute, you can see how your diet and exercise are affecting your health. Monitor your progress & reach your goals on your full-page results sheet.

Throughout this challenge, you will get Four InBody assessments. One to begin the Challenge, and another in the first week of every month until your final weigh in on June 5th.

(this is a \$50 cost per scan, given to all contestants 4x free throughout the duration of the challenge)

In order to measure accurately please have consistent conditions

- Fasted for minimum 12 hours
- Fasting begins after last meal of the day!
- The night before you measure you can have water before bed- The morning of fasting it is best to be completely dry! (no liquids or fasting)
- Measure first thing in the morning
- Empty Stomach (no liquids or food, use restroom)
- Measure before exercising
- Same time or as close to it
- As light of clothing as possible/ keep same attire for following measurements -Test under as similar conditions as possible

\*Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not take the test

# SIMPLE KEYS TO SUCCESS!

YOUR SUCCESS IS OUR SUCCESS, THESE ARE TIPS THAT HAVE MADE OUR PATIENTS FIND MAXIMUM RESULTS

1. Weigh in daily
2. While we don't recommend eliminating all enjoyable meals, do not have back to back cheat days
3. Fatty, fast and fried foods that are high in sugar are most likely to cause negative side effects and worsening nausea
4. 64 ounces of fluid daily, including one no sugar electrolyte drink daily
  - a. Use the link below to order LMNT and get a free sample pack with your order **FREE LMNT SAMPLE PACK!**
5. When you are hungry, opt for a small portion of a high-protein meal and wait 15 minutes before continuing to eat, you will be surprised how little a high-protein snack will take you
6. Eat slowly, this medication allows the hunger signal to be sent to your brain faster
7. To reduce constipation, include metamucil or benafiber into your diet 2-3 times weekly
8. **KEEP UP YOUR PROTEIN INTAKE** to reduce muscle wasting and loss of good muscle mass
9. Aim for 150 minutes of cardiovascular activity a week, while you will lose weight on this medication, exercise will not only expedite this, but improve your overall health!

## DO NOT STARVE

At first glance, a medication that causes you to lose your desire to eat sounds like a miracle medication...

and it's close. That being said, a prolonged severe calorie deficit will lead to brain fog and fatigue.

Although you may not feel hungry while on this medication it is absolutely vital that you continue to eat and treat food as fuel. Limiting your protein intake will lead to muscle mass loss and eventually this will plateau and inhibit your weight loss.

Aim for a daily intake of protein equal to you the following:

$$\text{Protein (g)} = \text{Ideal Body Weight (lb)} \times 0.8$$

**Look into no/low carb protein supplements by clicking here**

The goal is to lower your carb and fat intake, while maintaining protein and electrolyte intake. This will turn your body into a machine that will target fat loss and increase mental clarity, energy and muscle retention.



## **SUPPLEMENTS**

Enjoy special VIP member pricing of 10% OFF on Powerhouse Troy/Madison Heights HUGE selection of supplements. If you don't find what you're looking for, bring it to our attention and we will do our best to bring it to you at wholesale pricing.

If you're unsure of what supplements you should be taking, we would be excited to sit and speak about how to best serve you.

## **RECOVERY**

Enjoy special VIP member amenities including 1 free monthly session in our Recovery room which has been filled with every recovery product possible to help ensure you are at your best for your next workout!

Our recovery room includes every Hyperice product, shown to help speed up recovery and healing.

## **other benefits**

- Once monthly B-12 Injections
- 3 month VIP Powerhouse gym membership including unlimited gym access
  - 10% OFF All Supplements
- 15% OFF Powerhouse Apparel, Drinks, Protein Bars, Juice Bar & Accessories



**Following the tips above will help eliminate or lessen side effects to the medication**

**CALL US OR  
SEEK MEDICAL  
ATTENTION IF YOU  
EXPERIENCE ANY OF  
THE BELOW  
SYMPTOMS**

- Ongoing pain that begins in the upper left or middle of the stomach but may spread to the back, with or without vomiting
- Rash; itching; swelling of the eyes, face, mouth, tongue, or throat; or difficulty breathing or swallowing
- Decreased urination; or swelling of legs, ankles, or feet
- Vision changes
- Fainting or dizziness
- Pain in upper stomach;
- yellowing of skin or eyes; fever; or clay-colored stools
- Rapid heartbeat
-



## **DOSING WEEKS 1-12**

**PLEASE COMPLETELY READ ALL OF THE INSTRUCTIONS PRIOR TO BEGINNING YOUR MEDICATION**

The medication should always remain refrigerated when not using.

When you get the package, the medicine will be in the tin foil bag inside of a white wrapped bag, just take the vial out of the medicine bottle.

First remove the covering off of the vial. Each additional dose will require the top to be cleaned using an alcohol wipe.

Grab a syringe, and remove the white cap to reveal the plunger, push it all the way down to remove any air from the syringe. Next remove the orange cap to reveal the needle.

Tilt the vial upside down and put the needle into the grey rubber piece.

Week 1 you will draw up 6 units. See the photo to the left for an example of the first week dose in the syringe (6 units, or 0.06mL.)

Follow the link below to learn...  
**[HOW TO GIVE A SEMAGLUTIDE INJECTION](#)**

Safely recap discard this needle. Each week is a new needle.

Congrats on week 1!



# WEEKS 1-12 DOSING

WEEK	DOSE (MG)	VOLUME (ML)	UNITS
1	0.3	0.06	6
2	0.3	0.06	6
3	0.6	0.12	12
4	0.6	0.12	12
5	0.8	0.16	16
6	0.8	0.16	16
7	0.9	0.18	18
8	0.9	0.18	18
9	1.0	0.20	20
10	1.0	0.20	20
11	1.2	0.24	24
12	1.2	0.24	24

Ex. Week 5 is 0.8mg dosing, which is 0.16mL in volume, this would read as '16 Units' on the syringe.

# **MONTH 1**

weeks 1-4

This is your introduction month and is simply to allow your body to get used to this medication. Set a routine and pick a day that works well to stick to your once weekly injection, the time of day is not too important, but the day is. We know most people have a higher propensity to eat poorly on the weekends, so we do recommend taking the shot on Wednesday or Thursday so the effects can last through the trying times.

## **TAKE IT SLOW...**

### **RESULTS ARE COMING**

We recommend patients gradually change their diet & lifestyle this month, we would rather you get a routine in taking the medication and allow your body to adjust.

The main side effects reported occur most often after your first injection and include nausea, satiety, constipation or diarrhea. The best way to offset the constipation is to continue to drink 64 ounces of fluid daily. The nausea and gastric irritation decreases as the weeks go on.

Some patients experience weight loss in their first month, while many others do not. Both outcomes are okay as there are literally zero expectations for the first four weeks.

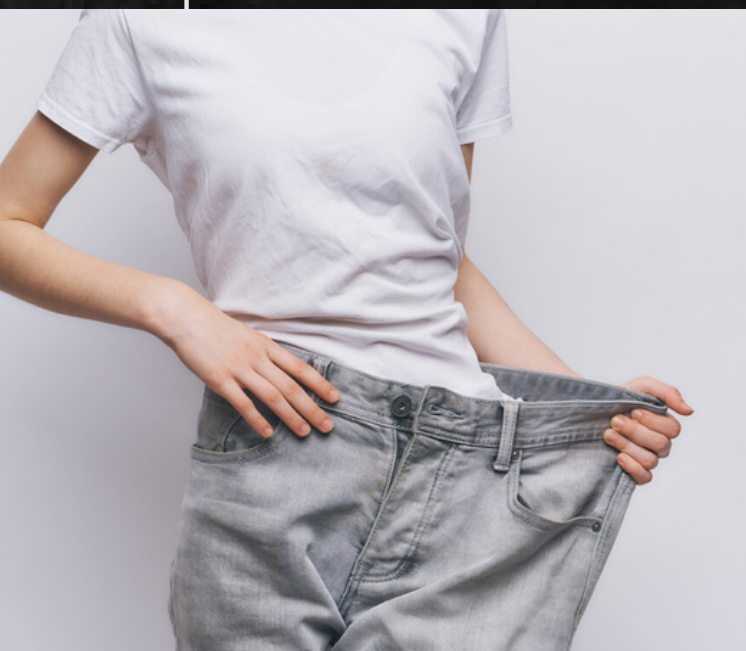


## **MONTH 2**

### **weeks 5-8**

During month Two, you will have a better idea of what to expect from this medication. While the dosage increase will result in more desired effect of the medication, it will generally be more of the same.

By now you have noticed that every couple weeks, the dose is increasing. As the dose increases, side effects will as well. Remember, the side effects are what is desired from this medication, meaning your feeling of fullness will last longer and be achieved with smaller portions of food.



During this month our goal for you is to start being more conscious about your diet and lifestyle. This month should involve incorporating the following:

- **64 ounces of fluid daily, including one no sugar electrolyte drink daily**
  - Use the link below to order LMNT and get a free sample pack with your order

#### **FREE LMNT SAMPLE PACK!**

- **Two days a week of intermittent fasting of at least 18 hours (not back to back)**
- **Eliminate any carbohydrates or sugar in your fluids. This means no sugar soda, sugar coffee, sugar tea, etc.**

**Dr. Zayid's go to is a Starbucks Cold Brew with 1 pump of sugar free vanilla syrup. 0g net carbs, 0g net sugar.**

# MONTH 3

## weeks 9-12

During this month you will be entering the activating dose. Your body has slowly gotten prepared to the effects of this medication and now it is on you to meet the medication half way. The medication works, but only as good as its user.

Our metaphor for this is to imagine two fully equipped Lamborghini Aventadors. At first glance, they are completely equal and should perform the same in a race. What isn't considered in this scenario is the driver. Imagine an amateur in one vehicle and professional in the other, now the playing fields do not feel as equal.... This medication is the Lamborghini, We need you to be the professional driver.

During this month our goal for you is to start being more conscious about your diet and lifestyle. This month should involve incorporating the following steps we took last month:

- 64 ounces of fluid daily, including one no sugar electrolyte drink daily

- Use the link below to order LMNT and get a free sample pack with your order

### FREE LMNT SAMPLE PACK!

- Eliminate any caloric intake 3 hours prior to bed
- Download MyFitnessPal or Looselt app and input everything that enters your body this entire month  
You will review this with Dr. Zayid before entering your next month
- Three days a week of intermittent fasting of at least 18 hours (not back to back)  
Make sure one of these fasting days takes place on a day you know you will 'cheat'  
Dr. Zayid will always fast on Saturdays as this is usually his 'date night.' During the day it is nothing but black coffee and water, at night, there a few rules about what he eats and drinks. He offsets this by fasting saturday and sunday, until a healthy home cooked sunday night dinner.
- Eliminate any carbohydrates or sugar in your fluids. This means no sugar soda, sugar coffee, sugar tea, etc.  
Junior's go to is a Starbucks Nitro Cold Brew. (If you're up for it, try Iced White Wolf in Clawson!)



## OTHER CONTESTANT BENEFITS

Dr. Zayid is offering special contestant pricing on the following items throughout the duration of the challenge

BOTOX/XEOMIN: ~~\$12/unit~~ \$10/unit



**10% OFF All Dermal Fillers**

visit [www.iconantiaging.com](http://www.iconantiaging.com)

