



# BIGGEST LOSER

6 WEEKS

TUESDAYS

AND

THURSDAYS



## BIGGEST LOSER BOOT CAMP IS BACK, AND WE'RE PAYING IT FORWARD!

For every pound you lose we donate \$1.00 to the Rural Community Food Pantry!

**YOUR "LOSS" IS OUR COMMUNITY GAIN!**

**BRING IN YOUR TEAM, OR COMPETE INDIVIDUALLY.**

**TWO DIVISIONS THIS YEAR! WEIGHT LOSS or STAY FIT**

**REGISTRATION & PAYMENT DUE BY JANUARY 31ST, 2012.**

**KICK-OFF IS THURSDAY, FEB. 2ND!!**

### WHAT IS BIGGEST LOSER BOOT CAMP?

- A diet and exercise program geared toward creating a healthier lifestyle.

### WHAT IS INCLUDED?

- 12 Boot Camp style workouts
  - New to exercise? No worries! We always show 3 different levels of intensity!
- Access to 4 other fitness classes per week
- Unlimited gym-walking
- Unlimited use of the Circuit Workout Room
- Nutrition lessons
- Diet & portion control info
- Weekly Prizes
- Fitness Endurance Test
  - Body fat testing available, but not mandatory

### REGISTRATION FEES

- **Yearly Members: \$25.00**
- **All Others: \$75.00**

### SCHEDULE

- Kick-off in Total Fitness gym is Thursday, Feb. 2nd at 7 pm
- Workouts Tues/Thurs at 7 pm for 6 weeks
- Finale will be Thursday, Mar. 15th at 7 pm

### WINNING!

- Prizes are earned based on the Perfect Ten Point System.
- Joining a team will help keep you accountable for your actions!
- If you don't have a team, you can compete individually. You will still have the support and help from all the Boot Campers and the Fitness Instructors!

**WE ARE LIMITED TO ACCEPTING THE FIRST 100 PAID PARTICIPANTS.**

**SIGN UP TODAY!**

### FITNESS EVALUATION INFO

Push-Up Test

- How many correct push-ups can you do in one minute?
- Choice of regular or "modified"

Step Test

- How many step ups can you do in correct form in two minutes?

**RE-TEST AT THE END TO SEE YOUR IMPROVEMENT!**

### PERFECT TEN WEEKLY POINT SYSTEM

- 1 pt.-for weighing in
- 1 pt.-if you lost weight or if your goal is to stay fit-1 pt. if you maintain your weight
- 2 pts.-attending Tuesday Boot Camp
- 2 pts.-attending Thursday Boot Camp
- 1 pt.-for posting to our online Boot Camp discussion page
- 1 pt.-completing the Weekly Challenge
- 2 pts.-attending both Boot Camp workouts in the same week.

**LAST YEAR 994 POUNDS WERE LOST!**

**THINK OF HOW MUCH FOOD THAT WOULD BUY TO FEED THE HUNGRY IN OUR COMMUNITY!**

**STILL NOT SURE?**

**COME TO OUR FREE**

**"TASTE OF BOOT CAMP" CLASS TUESDAY, JANUARY 24TH AT 7 PM IN OUR GYM AND SEE WHAT IT'S ALL ABOUT!**