



2010 sabes jcc body transformation challenge

Welcome to the Sabes JCC 2010 Body Transformation Challenge! A 6-week challenge (April 13-May 24, 2010) where you will compete on a team of two to gain points for daily exercise, weekly nutrition log, body composition changes, weekly challenges, and attending clinics (Nutrition, Fitness, Life Coaching). Cash and prizes awarded to the top three teams. Our goal is to promote awareness and education by making exercise and nutrition as simple and personable as possible to help you achieve your goals. Exercise is good and so is solid Nutrition, combined with coaching they can produce tremendous results.

Registration: Opens March 8, 2010 and closes Friday April 16, 2010

Cost: individual: \$80 members/\$109 program participant

Team of two: \$150 members/\$200 program participant

Seminars: A 5-week seminar schedule will run weekly from the first week of the Challenge through the 5th week. Each week will have a specific theme that will be presented twice throughout the week.

schedule

nutrition: Healthy Eating: Thursday April 15 @7:25pm & Sunday April 18 @12:15pm
Fueling for the Day/Workout: Wednesday May 5 @7:30pm & Saturday May 8 @12:00pm

fitness: Heart Rate Zone training: Saturday April 17 @11:00am & Monday April 19 @4:30pm
Why Weights: Sunday April 25 @2pm & Wednesday @10:30am
Posture/Stretching: Monday May 10@10:00am & Wednesday May 12@5:30pm
Workouts No Matter What: Tuesday May 11 @6:30pm & Thursday May 13 @5:30pm

coaching: Motivation/Time Management: Wednesday April 14 @6:30pm & Sunday May 18 @10:00am
Body Image: Monday April 26 @10am & Wednesday April 28 @5:30pm
Goal Setting/Accountability: Wednesday April 21 @6:30pm & Sunday April 25 @10:00am

Seminars are designed and organized by personal trainers, dieticians, and life coaches. Schedule is subject to change.

Scoring: Participants will still be able to earn points from body weight % and circumference reductions as well as time spent exercising. In addition, participants will be able to earn points attending the seminars, participating in Workout of the Month, participating in challenges, and completing a daily food log.

Prizes:
1st Place: \$200 Cash (Value = \$100/team member)
2nd Place: 2-\$55 Sabes JCC Gift Certificate (Value = \$55/team member)
3rd Place: 2-\$25 Sabes JCC Gift Certificate (Value = \$25/team member)
Top Individual : \$75 Sabes JCC Gift Certificate (Value = \$75)

Weekly Challenge Participants will be entered in a weekly drawing for a Polar FS1 Heart Rate Monitor (value: \$59.95)



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Point system (per team member):

1) Exercise

- a. 1 pt / .5 hr of exercise
- b. Max of 4 pts / day
- c. Max of 14 pts / week
- d. Max earnable exercise points = 84

2) Weight Loss by % of Body Weight

- a. 1 pt / 0.1% of body weight lost
- b. No Weekly or Event Max

3) Circumference Reduction (Chest + Waist + Hips)

- a. 1 pt / 1 inch reduction
- b. No Weekly or Event Max

4) Weekly Challenges (6 total)

- a. 1 pt per week for participating
- b. Max earnable participation points = 6
- b. 5 pts for each Challenge winner

5) Seminar Attendance

- a. 5 pts / week of seminar attendance (1 seminar/week)
- b. Max earnable seminar points = 25

6) Daily Food Log

Sheets collected and calculated the Tuesday (12:00 PM) after each completed week.

- a. 1 pt for each daily log completed
- b. 7 pt / week
- c. Max earnable log points = 42

7) Workout of the Month

- a. 5 pts for participating each month
- b. Max earnable WOM points = 10

Weigh in: Weigh Ins: (April 11, 12, 13, 14,15) Trainer availability and times will be determined on a site by site basis. Trainers will perform assessments and input data into the computer using the body composition program. Data can be recorded on paper and input into the computer at another time. A print out will later be filed with participant workout sheets and food logs. At the conclusion of the Weigh In trainers will hand out: workout and food logs, promotional meltdown lunch boxes, and an information packet. In addition, trainers will ask participants to confirm which nutrition seminars they will be attending and schedule their weight time according to which time slots the trainer has available in the weigh out schedule.

Weigh out: (May 20, 21, 22, 23, 24) Participants will schedule weigh outs at weigh in.

Questions? Call the Fitness Director 952-381-3406 or email naltringer@sabesjcc.org

Looking to gain an edge on the competition. Participants of the Body Transformation Challenge receive special discounts on Group Training, Boot Camp, Partner Training, Nutrition Counseling, New Leaf, Life Coaching, Massage, Pilates Reformer, and One-on-one Personal Training.



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