



9-WEEK LIVE FIT FAT-LOSS COMPETITION:

GUIDEBOOK

With the help of Live Fit Wellness Center you will accomplish your goals faster, safer, and with maximum results!

OUR MISSION

We exist to help you achieve weight-loss results you can maintain for life!

WHAT TO EXPECT FROM LIVE FIT WELLNESS CENTER

We strive to maintain the most *professional, friendly, and results driven environment* possible to help you successfully make health and exercise a permanent lifestyle change!

We will always:

- Be on time!
- Be prepared!
- Be encouraging!
- Be energetic!
- We will keep you accountable!

KEYS TO YOUR SUCCESS

It is recommended that you train with your trainer at least two to three sessions a week and/or attend at least two to four boot camp classes each week. This will give your body the stimulation needed to transform your body **FAST!** Remember, exercise and healthy eating are **EQUALLY** important!

Our programs follow a two day split, meaning that every two days you will train the entire body once. For this reason it is not recommended that you attend classes every other day. Attending classes every other day will overdevelop one group of muscles and neglect the other. **BACK-TO-BACK SESSIONS ARE RECOMMENDED!** However, if you need more time to recover, please consult your trainer when planning your schedule.

CONTEST DATES AND DEADLINES

- Your starting measurements and “before” pictures will be taken on **08/17/13 & 08/24/13** and the actual contest will begin on **09/07/13**
- Attend your measurement checkups: **09/07/13, 09/14/13, 09/21/13, 09/28/13, 10/05/13, 10/12/13, 10/19/13, 10/26/13, 11/02/13, & 11/09/13 at 8:15 am.**
- Schedule your training sessions and/or boot camp classes.
- Thoroughly read this **9-Week Live Fit Fat-Loss Competition Guidebook.**
- Post your before pictures to our [Facebook Fan Page](#) by no later than **Saturday, November 2nd, 2013.**

HOW DO I WIN MY TRIP FOR TWO TO CANCUN MEXICO?

This is not a “weight-loss only” Competition, but a fat-loss and lifestyle Competition. Winners will be chosen based on greatest body fat-loss and body composition improvement in 9-weeks: judged based on body composition numbers (weight, body fat, lean body mass), visual appearance (before and after photographs from 3 angles), Facebook likes and a transformation essay (each component counts for 25% of the score. The judges may weigh the photos or essays more heavily based on body composition

test result congruency). You must attend 7 of the 9 measurement checkups; 1% will be removed from your final score for each additional time you are absent.

Again, this is not a "weight loss-only" contest. (The person who loses the most weight could be the winner, but NOT necessarily).

Although this is a competition with many people vying for the prizes, from a judging point of view, you are competing against yourself: You will be judged on your own personal improvement between your "before" and your "after."

Contestants agree to follow the challenge rules and procedures below for posting before photos, taking measurements, after photos and final essay.

- You can start the contest on August 17th and are welcome to join up until August 24th. The start date of the 9 weeks will be September 7th after the initial measurements
- Pre & Post Photos must be posted to *Live Fit Personal Training's* Page on Facebook: [Facebook Fan Page](#); altered photos will not be accepted.
- 25% of your score will be based upon getting as many likes as possible, so tell your friends & family members to like you.
- Post front, side and/or back view photos (3 different photos are preferable) wearing a bathing suit or sports bra or tank/shorts for females and shorts for males. Use judgment on clothing. If clothes are baggy, there will not be a noticeable difference in before and after photos.
- Pre and Post photos must be submitted on Facebook by Saturday, November 9th, 2013.
- Weight and body fat will be measured at *Live Fit Wellness Center* facility by instructor starting on Saturday, August 17th, 2013. If you choose to join the competition after the start date please schedule date and time by e-mail to Brandon@livefitwellnesscenter.com. Please take note of measurements, which will be used in your essays. Please add measurements to photos when you post.
- Weight and body fat can be measured weekly so you can keep track of your results.
- It is recommended for you to take additional measurements to track your progress, especially if you want to reduce body fat.
- Lastly, each contestant is required to submit a short essay, no longer than one page double spaced (no more than 300 words), on the positive things that they have gained from their experience in the program. This essay does not need to include diet or exercise specifics rather the personal experience that has motivated you to participate in the program, what you learned, and achieved from the 9-week experience. Share the obstacles you faced and how you overcame them, how you changed your lifestyle. It is recommended that you work on your transformation essay during the 9-week period, so you can easily send it in by Saturday, November 2nd, 2013.
- Additional prizes will be given so there is not just one winner!

ALL INCLUSIVE TRIP FOR TWO TO CANCUN, MEXICO!

You will receive 4 nights of all-inclusive accommodations. The trip also allows for 2 children under the age of 12 to come along. Cancun's stunning beaches must be seen to be believed: silky smooth sugar-white sand, lapped by the turquoise and emerald waters of the Caribbean. As for vacation amenities, Cancun offers an exotic, tropical island setting buoyed by modern comforts and conveniences.

A well-planned layout and infrastructure give this vacation destination a polished appearance. Shopping is top notch with over a dozen American style shopping centers available. The dining options are virtually endless as over 200 gourmet restaurants serve up every imaginable fare including Asian, Caribbean, American and, of course, Mexican specialties. Cancun succeeds in combining the best of Mexico with the flare of the Caribbean and ties it together within a world-class setting.

YOUR REFERRAL EXPECTATIONS

We want to create as many success stories as we can. We rely on your referrals to keep our business growing. Your referral is the ultimate indication of your trust, and that means the world to us. We invest 100% of our time and energy in delivering first class service, value, and results to our clients. Because of that, our valued clients, associates, and friends refer their family, friends, and associates to us for advice on health, fitness, and nutrition. We're interested in building strong, life-long relationships one person at a time. We sincerely and humbly appreciate your support.