



# F.L.I.P. FAT LOSS IN PROGRESS



## 12-Week Team & Individual Weight Loss Challenge

**WHEN:** Monday, **March 5th** – Wednesday, **May 23<sup>rd</sup>**

**WHERE:** TEST Sports Club, Martinsville, NJ

**HOW TO REGISTER:** No later than **March.7th** Register at the Front Desk or call (732) 271-1000. Questions? Ask for Eddie.

**REGISTRATION FEE:** \$149 with \$50 will be put into a “pot” for prizes.  
**OR** \$50 with \$25 put in the pot

### CHALLENGE DETAILS

- ◆ **At time of registration**, a body fat and weight evaluation will be performed by a FitnessCounselor. In addition, realistic, yet challenging, weight loss goals will be set.
- ◆ **After First Assessment**, Teams will be assigned to a Team Captain who will be responsible for assistance, motivation, weekly reminders, and any guidance needed. There will also be a nutrition lecture led by Stephanie Solaris.
- ◆ **Weigh In** – it is mandatory to weigh in weekly with a personal trainer, between Monday and Wednesday, until the conclusion of **F.L.I.P.** (12 weigh-ins total).
- ◆ **What is the ‘Pot’?** Everyone who reaches their weight loss goal will split the ‘pot’ and win!  
\*To be eligible, a minimum of 7-lbs weight loss at the last weigh-in must be met.
- ◆ **What do YOU get?** Each participant member receives 3 Specialty or Semi-Private Group Classes, ½ hour Personal Training session, and a Nutrition Lecture led by Stephanie Solaris.
- ◆ **More Individual Prizes?** There will be 2 additional prizes, 1) Most total pounds lost, and 2) Most total body fat lost. Each winner will receive a 1-Hour Personal Training session.
- ◆ **Team Prize:** All members of the team with the highest percentage of their overall weight loss will win a 1-hour Personal Training Session.
- ◆ **Help the Team Out!** Any individual who loses more than 2.5% body fat will ADD 2 pounds to their team’s total weight loss.

**\*\*Participants MUST weigh in the last week to receive prizes\*\***

**TEAM UPDATES WILL BE POSTED EVERY OTHER WEEK**

*F.L.I.P. should not be the end of a healthy life style; Consult your Team Captain for future goals.*

**GOOD LUCK AND COME OUT F.L.I.P. ing!!!!!!!**