

Body Composition Challenge 2009

10 Weeks to a Better Body Composition! Jan 5-March 16

You can speed your fat loss dramatically by matching your nutrition to your exercise. Our workouts are very effective at burning fat and building muscle; but if you do not eat supportively, your results can take a year! This 10 week program is designed to assist you in developing the eating habits of an athlete. Once you are eating supportively, you can expect to lose 1-2lb of FAT per week. NOT 1-2lb of "weight" like a diet, but pure fat. This will improve your body composition, so that as we test, you will show less body fat %, and more lean mass--- a higher metabolic rate---a younger metabolic age!

What's involved?

- 1) Initial Body Composition Analysis on a special scale to determine starting body fat %, muscle mass, metabolic age and metabolic rate. Initial photo and hip/waist circumferences.
- 2) You will receive articles, recipes and info via email on how to 'eat clean' or 'supportively'.
- 3) You will keep a food log on an excel sheet to be sent to me weekly for feedback and evaluation. Perfection is not necessary and there is one free day per week. You will not measure or count calories. This is a simple, achievable program.
- 4) You will be re-assessed every two weeks to check your progress.
- 5) You can have unlimited email support to assist you in achieving your goal!
- 6) There are no meetings other than the measurements which take 5 minutes.
- 7) The exercise component of your Body Composition Challenge is to take 2-3 classes per week and to supplement with walking and/or intervals (see me). If you plan to take 3 or more classes per week, you should consider the option of adding unlimited classes for the 10 weeks for \$250.

Name _____ Email _____
Address _____
Phone _____ Cell _____

Waiver:

I understand that Kelly Knueppel is a certified personal trainer and not a registered dietician and that the guidelines presented should be reviewed by my physician for any health conditions I may have. I choose to participate at my own risk. I state that I have had a recent physical checkup and have my physician's permission to engage in dietary changes. Neither the school, nor the trainer shall be liable to the participant for claims, demands, injuries, loss of property or acts of negligence and are hereby released from rights of action present and future.

Signed _____ Date _____

Fee \$250 Paid on _____ by Check Cash Credit Card

(Optional Fee \$250 for Unlimited Classes: _____ by Check Cash Credit Card)