

# Winter Challenge 2011

## 8 Weeks to a Better Body Composition! Jan 10-March 4

You can speed your fat loss dramatically by matching your nutrition to your exercise. This 8 week program is designed to assist you in developing the eating habits of an athlete while training like one. 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 are one two free meals per week. You will not measure or count calories. This is a simple, achievable program.
- 4) You can have unlimited email support to assist you in achieving your goal!
- 5) The exercise component of your Body Composition Challenge is to take 2-3 classes per week and to supplement with walking.

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 and intense exercise. 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. Please note: Your \$375 fee holds your spot in the Challenge prior to the start. This is non-refundable and the program cannot be frozen or extended. You will continue to get results even if you must miss a week or so. The first participant to lose 12lb of FAT will receive a month of free classes immediately following the Challenge. Fat lost will be calculated based on the difference between % bodyfat x bodyweight. @ start and finish.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Fee \$375 Paid on \_\_\_\_\_ by Check \_\_\_ cash \_\_\_ Credit Card \_\_\_