

8-WEEK “LIFE-CHANGER” CHALLENGE

HEAD INTO SUMMER IN THE BEST SHAPE OF YOUR LIFE

Our popular 8-Week “Life-Changer” Challenge is back to help you make healthy lifestyle changes heading into summer and beyond.

The 8-Week “Life-Changer” Challenge is the first step in your journey to making health and fitness an achievable, integral part of your lifestyle.

Unlike other 8-week challenges, our Life-Changer Challenge allows you the flexibility to complete sessions at a time that is convenient for you each day, but also provides accountability with trainers and peers to keep you motivated.

FANTASTIC PRIZES UP FOR GRABS...

- FIRST PRIZE WORTH OVER \$1000
- SPOT PRIZE \$1000 TRAVEL VOUCHER

Dates: **11th Sept - 5th Nov 2023**

Registrations close **27th August**

Limited spaces available so register NOW to avoid missing out

To find out more about the Challenge read on, or talk to Fitness Centre staff.

MAJOR SPOT PRIZE
\$1000
TRAVEL VOUCHER
FROM HOUSE OF TRAVEL
RANGIORA

Supported by...

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www.sportstrust.org.nz

BENEFITS OF BEING PART OF THE 8-WEEK "LIFE-CHANGER" CHALLENGE

Workout When You Want To - unlike other 8-week challenges we don't expect you to have to turn up at a certain time each day to participate. We'll provide instructions for your weekly workouts, which you can then complete at a time of your choosing, or get together with other participants to workout as a team. Our trainers will work with you to explain exercises and ensure you have good technique to ensure you get the most from the programme.

Team Workouts - each week your trainer will put you and your teammates through a group workout session which helps keep you engaged and motivated, and where you'll learn some new exercises and other tips and tricks.

Food Planning & Meal Advice - as part of the programme our trainers have devised an easy to follow and sustainable food plan to help you structure your diet to get the best results over the 8 weeks. They will also share all sorts of useful health and fitness information with you via the private Facebook group or elsewhere. This could include meal advice, healthy recipes, stretching guides, tips and tricks, recommendations and much more.

Support Network Online and in Person - using the Challenge's private Facebook group, participants will be able to share experiences, provide feedback, arrange workout sessions with others and communicate with trainers. If you're not using FB we can still provide much of this support through other methods or direct communication with a Trainer at your Fitness Centre.

Discounts on Personal Training - during the Challenge participants can book sessions with a PT at a \$5 discount from normal half hour PT rate.

FIT 3D Body Scans - participants will be able to see changes your body makes over the 8 weeks with a before and after FIT 3D Body Scan at Stadium Fitness Centre. You'll do a scan before the challenge begins and again at the end to see the progress you have made.

Prizes, incentives & MORE! - just seeing the health and fitness improvements you'll experience in 8 weeks is probably incentive enough, but we'll add to this by offering a range of prizes and other motivating incentives through the course of the Challenge.

NOTE: previous 8-Week Challenge winners are ineligible to win again. The Challenge winner will be excluded from the major spot prize draw. You must attend the final prize function in order to receive any spot prize - if the drawn winner is not there the draw will be made again.

IT TAKES
2 WEEKS TO FEEL A
CHANGE,
4 WEEKS TO SEE A CHANGE
& 8 WEEKS TO
CHANGE YOUR LIFE!

HOW THE 8-WEEK “LIFE-CHANGER” CHALLENGE WORKS

Workout Sessions Each Week...

3 x PT-designed Weight Training routines: Our trainers have developed progressive weight training routines for you to complete in your own time during the week. Typically you'd complete these workouts on alternating days to ensure sufficient recovery time, but this can be scheduled to fit with your lifestyle. These sessions are best undertaken at your Fitness Centre and can be refined to change your body composition to suit your own personal fitness or strength goals..

Optional Finishers: Each workout includes an optional cardio/fat burning finisher which is strongly recommended for fat loss and increased fitness.

Alternate Day Cardio: On days when you're not doing a weights session you'll complete your own cardio workouts inside or outside the gym (this could include playing sport, running, group fitness class etc). We'll also organise specific group classes for challengers to attend, as well as challenges to do in your own time.

Weekends: Participants are encouraged to complete a light activity of their own choice such as yoga, a family walk or bike, swimming etc.

Accountability: We provide you with a journal to record your workouts, progress and provide accountability with your trainer. You might also choose to invest in a MyZone belt or Switch to provide additional motivation.

Communication...

To get the full benefit of the Challenge we recommend participants join our private Facebook group, where we share all sorts of information and advice, where you can post your workouts, comments and feedback, and connect with other participants.

If you are not on Facebook, no problem, our trainers will be in regular contact with you anyway to discuss all aspects of the challenge with you directly.

This communication is important for accountability and motivation with your peers in the Challenge and with your trainer.

The Competition Part of the Challenge...

Everyone involved in the 8-Week Challenge will be a winner as you will be bringing fitness, healthy eating and other positive changes into your everyday life. However, to add to your motivation we have over \$2000 in prizes up for grabs.

The Challenge is judged on 3 different categories taken from FIT3D scan results:

- **Biggest loser** - Body fat percentage lost in relation to bodyweight
- **Biggest gainer** - Most muscle gained throughout the 8 weeks
- **Healthiest change** - Biggest improvement in body shape rating score (based off fit 3d scan assesment)

WHAT DOES IT COST TO BE PART OF THE CHALLENGE?

Fitness Centre Members...

\$35/ week

or

\$280 one-off payment

(this is in addition to your normal membership)

Members who encourage a non-member friend to join the Challenge will get some extra rewards.

Non-Members...

**Special 8-Week Membership Offer
+ Life-Changer Challenge**

\$50.00/ week

or

\$400 one-off payment

(This price includes full-access gym membership at just \$15.00/ week for duration of challenge)*

**Normal Fitness Centre Terms & Conditions apply*

As a Participant in the 8 Week “Life-Changer” Challenge you will get...

- 2 Free Fit3D Body Scans
- Food Guide as part of the programme journal
- Detailed workout programme
- Weekly group sessions with a PT
- Regular contact with PT to discuss your progress. \$5 discount on any half hour PT sessions you book in independent of the challenge.
- AMAZING prizes to be won in several improvement categories (not just weight loss).

Group Training & Social Activities...

Your trainer will find times to suit you for some group training sessions during the week at your local fitness centre. You can get together with a few friends to form your own group for these sessions if you wish, though these sessions are a great way to connect with other participants and make new friends.

We'll also organise some fun social events and team challenges throughout the 8 weeks to help keep you motivated and turbo boost your results. Many of these events will be open to your family and friends to join in, as we know the support of those closest to you is important in achieving your fitness and health goals.

More details about these events will be provided closer to the time.

WOULD YOU LIKE TO KNOW MORE?

If you want more information about the Challenge or would like to ask us any questions, please feel free to email: 8weekchallenge@sportstrust.org.nz

The 8 Week “Life-Changer” Challenge is open to members from any of the NCSRT’s five Fitness Centres...

