

8-WEEK “LIFE-CHANGER” CHALLENGE

FINISH SUMMER IN THE BEST SHAPE OF YOUR LIFE

Our popular 8-Week “Life-Changer” Challenge is back to help you make those lifestyle changes head into summer better than ever. In just 8 weeks we will set you on the path to a healthier and more active 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, ours 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
INCLUDING FIRST PRIZE OF OVER \$1000**

Dates: 6th Feb - 2nd Apr 2023

Registrations close 25th January

Limited number of spaces available so register NOW to avoid missing out

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



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 you with instructions for the three workouts you'll need to do each week, 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.

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 have a Facebook profile so they can be added to a private FB group. We'll share all sorts of information and advice via this group page and you'll be able to post your workouts, comments and feedback here too as well as connecting 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 who takes part in the 8-Week Challenge will be a winner as you will be incorporating fitness, healthy eating and other positive changes into your everyday life. However, to add to your motivation we are incorporating some prizes into the challenge. Winners won't be based solely on weight loss but on a full range of factors such as muscle gain, fat reduction and even just how much effort you put in for yourself and your team.

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. These sessions are a great way to connect with other participants, keep motivated and learn new exercises.

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 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...

