



bodyFIT90 challenge!

body**FIT**90 will change you forever!

GOAL:

It's time to GO for IT!! This is it – everything can change in 90 days. Your first assignment is to write down your goals and focus on those each day. This is a 90 day challenge and if you commit to this it will forever change your health and fitness lifestyle.

CHANGE:

Your body is ready to change and it's up to you to make sure this happens. You must treat this like going to work and put it in your schedule every day. Your training results are based on EFFORT –PERSERVERANCE – CONSYSTANCY. What you put into it is what you will get out of it.

INGREDIENTS:

1. Exercise
2. Sleep
3. Nutrition

Make a plan to incorporate your exercise into your work day – it makes you more productive, plan your meals it makes you feel better. Get plenty of rest so your body can recover, heal and process the changes you are now requiring. Set your mind and don't let anything stop you from accomplishing this goal!

PROGRAM:

The **bodyFIT90** challenge keeps you active 6 days/week.

Trainer: 2 days with a personal trainer – providing you with accountability! You select and commit to 2 trainer session each week. The sessions you select are based on 8-10 people per class and are open for enrolment based upon availability. We are committed to you and we need you to commit to the 2 class times you've selected.

Exceptions: Workout exceptions can be made if you are traveling. With proper notification we will allow you access to other classes if space allows. If there is not additional space then a workout program will be made available to you.

Off days: 3 off days where you use workout programs designed by Body Balance trainers. You will be given a written program to follow for your off days at the studio and one weekend assignment for you to complete is optional.

NUTRITIONAL COACHING:

You will be given a Sample Nutritional Plan and Nutritional Guidelines to help you make good food choices. Nutrition is a HUGE part of your success in this challenge.

RECORDING/ACCOUNTABILITY:

Training -All off training days will be recorded at the sign in sheet at the front desk at Body Balance.

Food log- will be turned in weekly in Thursday by 5pm for review and handed back the following week. You will be given comments and suggestions to help you understand your food choices.

TESTING:

- Before and after pictures will be taken.
- Body measurements taken at the beginning and end of the challenge.
- Body fat testing will be done at the beginning and end of the challenge (\$60 value).
- Note: any additional testing will be \$30 each

QUESTIONS:

Please email your questions to jeff@bodybalancetraining.com. One of the trainers will get back to you in a timely fashion. Your questions are valuable and we want to help.

RULES & REGULATIONS:

Trainer Days:

- Please arrive 5-10 minutes early
- No make-ups – USE it or LOOSE it policy! – See note on class accommodations for travel
- If you should miss your session the workout is written down and you can still run through the program on your own.

Off Days:

- Please check in at the front desk.
- Your workout program will be available at the front desk for you to borrow for that session. Please wipe down and put away the equipment you used and return the written program to the front desk upon completion.

COMMUNICATION:

Safety is very important in the **bodyFIT90** program and we need you to communicate **before** the session begins. We need to be aware of how to help you to prevent injury.

Don't be the hero and keep the pain of an exercise to yourself and keep on doing it. We can **always** give you modifications.

Listen to your body and communicate!

COST:

- \$50/weekly
- \$200/monthly
- \$600 for 90 days total

This total amount can be taken out monthly or pay in full from a credit/debit card as an automatic withdrawal from that account. Please specify. Changes can NOT be made once card number is entered.

CANCELLATION POLICY:

It is important to commit to this program for 90 days and for those that want to quit early – you will have to pay one month's penalty fee of \$150. Exceptions to this would be an injury that prevents you from continuing, but you can place a HOLD on your program and begin again once you are back and ready to continue.

REWARD/REFERRAL:

For every referral that signs up for the **bodyFIT90** challenge you will receive \$20 credit towards training or membership.

You will have access to the Body Balance studio with a complementary membership during the 90 day challenge.