

Biggest

~~Loser~~

WINNERS

- **Eat Healthy - ✓ Winning!**
- **Commit to Exercise - ✓ Winning!**
- **Lifestyle Change - ✓ Winning!**

2019 is the year you KEEP your resolution! Have you struggled to lose weight? Don't have the support you need? Want a lifestyle change? Let our trainers help you reach your goals!

Jan. 20 - Mar. 10

The Rec's

Biggest Winners Program

A hand-held approach to finding and keeping a healthy lifestyle. This is a trainer-guided 8-week team and individual program.

To date, over 1,500 participants have lost more than 23,000 pounds, finding permanent health and lifestyle changes in this successful program!

Where: All group training and nutrition sessions will take place at the Ephrata Rec Center.

When: **Sunday, Jan. 20 - Mar. 10**

Fees:

Member: \$285

Previous Program Member: \$260

NON-Member: \$360

Previous Prog. Non-Member: \$310

Includes:

- Complete body composition analysis week 1, week 8; including before and after photos.
- Customized Nutritional guidelines
- Gym membership for the duration of the 8 weeks
- FREE online food logging account: www.myfitnesspal.com
- 2 group personal training sessions per week for 8 weeks
- Access to a personal trainer for consultations throughout the 8 weeks
- FREE group fitness classes for duration of program!

Program Components:

Individual participants will be assigned to a team. Each team will be led by one of our nationally-certified Personal Trainers. Due to the nature of this program, teams are limited to a size of 8 to 10 members. Positions on the teams will be given out on a first come, first-served basis. Each participant will be required to meet exercise and nutrition commitments. Weekly results will be e-mailed internally and will include team rankings, as well as individual results.

Exercise and Nutrition Commitments:

- Teams will meet twice per week with their trainer and team for their workout. Participants will also be given exercise homework assignments to be completed between team training sessions.
- Each participant will be given customized nutritional guidelines with in their GW handbook and be asked to keep a food log of everything they eat. This will include a daily tally of calories, carbohydrates, protein, fat, sodium, and fiber. Trainers will then provide support and feedback.
- Team members will weigh in together as a team each week on the weekend.

Getting Started:

To register and be a part of the Rec's Biggest Winners Challenge, attend the information meeting on:

Tues. Jan. 8 6:00 p.m.

Prior to beginning the program each participant will need to complete an exercise and health history questionnaire and in some cases, may be asked to get their physician's clearance.

"Go confidently in the direction of your dreams. Live the life you have imagined."

Henry David Thoreau

Participation in the BW Program includes:

- Use of **more than 42,000 sq feet** of facility and over **100 operating hours per week!**
- **State of the art facilities:**

Indoor Pool

Gymnasium

Wellness Center Featuring:

-Cybex Elliptical

-ARC trainers

-Row machine

-Stationary Bikes

-Recumbent Bikes

-Weight Lifting Equipment

-Strength Training Circuit

-Aerobic Studio

-Group Cycling Studio

-*Cardiovision* Equipped Cardio Studio

-**Steam Room**

-**Sauna**

**All materials needed to get you started with
an 8-week membership to the**

Ephrata Rec Center

**Any Questions, Contact Kim Swinko,
Personal Trainer**

tobran3@ptd.net or 717.738.1167