



# Biggest

~~Los~~er

**WINNERS**



**MOTIVATED**

**PEOPLE**

**WANTED!**

**10-week Weight Loss Program  
Led by Certified Personal Trainers**

***Lose the Excuses,  
Lose the Weight!***

**Sept 29 - Dec 7**

# The Rec's

## **Biggest Winners Program**

**Are you motivated to lose weight but not sure where to start? Do you know you have to make a change, but lack the tools and resources necessary to actually do it?**

**Biggest Winners is for you!!**

***Some details about our trainer-led 10-week weight loss program:***

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

**When:** **Sunday, Sept. 29 - Sat. Dec. 7**

**Cost:**

Member: \$299

Previous Program Member: \$274

NON-Member: \$374

Previous Prog. Non-Member: \$360

**Includes:**

- Complete body composition analysis week 1, week 10; including before and after photos.
- Customized Nutritional guidelines
- Gym membership for the duration of the 10 weeks
- FREE online food logging account: [www.myfitnesspal.com](http://www.myfitnesspal.com)
- 2 group personal training sessions per week for 10 weeks
- Access to a personal trainer for consultations throughout the 10 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 BW 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 second training session of the week.

### **Getting Started:**

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

**Wed. Sept. 18 at 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.

**Your Body Achieves What Your Mind Believes!**

## **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 10-week membership to the**

**Ephrata Rec Center**

**Any Questions, Contact Maria Rotella,  
Program Administrator**

**marflo29@hotmail.com 717-738-1167 x106**