



# Biggest

# ~~Los~~er



## 6-Week Weight Loss Challenge

Led by Certified Personal Trainers

*It's Time to Take Control  
of your Health Again!*

**Aug. 22 - Oct. 3**

## 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 6-week weight loss program:***

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

**When:** Sat. Aug. 22 - Oct. 3

**Cost:**

Member: \$180

Previous Program Member: \$165

NON-Member: \$225

Previous Prog. Non-Member: \$195

**Includes:**

- Complete body composition analysis week 1, week 6; including before and after photos.
- Customized Nutritional guidelines
- Gym membership for the duration of the 6 weeks
- FREE online food logging account: [www.myfitnesspal.com](http://www.myfitnesspal.com)
- 2 group personal training sessions per week for 6 weeks
- Access to a personal trainer for consultations throughout the 6 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:**

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
- Cardiovision* Equipped Cardio Studio
- Functional Training Studio

**All materials needed to get you started with  
a 6-week membership to the  
Ephrata Rec Center**

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

**maria@ephratarec.com 717-738-1167 x106**