



FIT PLUS: FIT & FIERCE Fitness Challenge 2012 Guidelines

Staying on track with your New Year's Resolutions? Looking for accountability? Ready to transform your body? Get a jumpstart of your fitness and lifestyle goals right now! Be a part of one of the most fun and rewarding lifestyle challenges in Chicago! Participating in the Fit Plus: Fit & Fierce Fitness Challenge 2012 is an excellent way to not only lose unwanted pounds and inches, but also increase your strength, tone and sculpt your muscles, improve confidence and keep you looking and feeling great! In our weekly check-in sessions, we'll talk about strategies for staying healthy around friends and family, in social situations, on vacation, etc. There will also be mini-challenges to help keep you on track you can complete at home, in the studio, on travel – wherever!

WHEN?

The competition officially starts at our challenge kick-off orientation meetings, **Saturday, February 18, 2012 and Sunday, February 19, 2012**. Final weigh-ins will take place during the third week of April. Late entries may not be eligible for all prizes awarded. At the first and last weigh-ins, you will have your picture taken, and weight, body fat percentage, baseline fitness performance, and circumferences recorded. Bi-weekly assessments and physical challenges will take place throughout the competition.

HOW?

Pick up your entry form at the Solão Fitness and Dance Studio front desk, or at www.solaofitness.com. The non-refundable entry fee for this challenge is \$149 for all Solão annual membership members and \$249 for all others. All Solão classes, weigh-ins, coaching sessions, workshops/events and required materials are included in this fee.

Participants must be willing to commit to at least 5 hours per week to exercise and counseling/workshops. Counseling may include morning, afternoon, evening, or weekend times. Access to unlimited Fit Plus: Fit & Fierce Challenge Classes and 15 Solão Select drop-in classes is included in the entry fee. Contestants must participate in at least 2 Fit Plus classes per week, as well as

bi-weekly meetings/weigh-ins with coaches and other lifestyle experts. Individual workouts are also encouraged each week. Participants will keep a daily journal of all exercise and nutrition via personal journals and through using myfitnesspal, a free internet tool.

All entrants will receive:

- Full body composition and circumference assessments
- Baseline fitness assessments
- FIT PLUS Accountability Card to record activities and points
- Food and exercise journal sheets to record your thoughts and overall progress
- Weekly emailed fitness and nutrition tips
- Personalized strength, cardiovascular and nutrition programs
- Opportunities to attend exclusive fun group training sessions
- Before and after pictures
- Continuous support and motivation from your Fit Plus Coach (via workshops, emails and online)
- Camaraderie and friendly competition among participants

Weight Loss

Weight loss will be determined by calculating your overall weight loss percentage, NOT your total weight lost (so you can still win even if you don't have a lot to lose!). We will take your starting weight and divide it by your pounds lost; that will be your weight loss percentage (example: total weight loss of 20 pounds divided by starting weight of 200 pounds equals 10% loss).

Bi-weekly, individuals will compete to determine who has lost the highest percentage of their previous body weight. Participants should be in similar attire for each weigh-in to insure accuracy (shorts and sports bra or tank top; no shoes). **Contestants gaining weight from their previous weigh-in will contribute \$1 per pound they are over** (Pregnant contestants are exempt from this fee!). Money accumulated from this penalty will be combined to purchase a Pampering gift certificate for the Grand Prize winner.

Weight loss that falls below the range indicated for height and gender on target weight charts is not encouraged, and will not be considered in determining the FIT PLUS weight loss challenge winner unless the participant demonstrates that their weight loss is being supervised by a physician.

Healthy ranges for both BMI and weight will be determined by published normative charts. Weight loss at a rate faster than 4 lbs. per week during the first month and 3 lbs. per week after the first month is not encouraged and will not be considered for eligibility for winning unless the participant can document that their weight loss is being supervised by a physician. Participants are responsible for ensuring their own healthy weight loss and for consulting their doctor if they have any questions about healthy weight loss.

Weight will be recorded confidentially. Only percentages of weight loss will be publicized. Weekly results will be posted on the Solão and Fit Plus websites, including on-going total weight loss leaders and/or featured weekly winners.

Body Composition

At the beginning and end of the Fit Plus Challenge, measurements will be taken to determine body fat percentage, body mass index (BMI), and circumferences. Challenge organizers will use these starting measurements to communicate to the participant their baseline BMI (body-mass index) as well as to communicate the healthy range for the participant's BMI.

Mini-Physical, Nutrition and Mind/Body Challenges

You will receive points for attending classes, sessions and journal entries but you will also have a chance to accrue additional points by participating in our mini-challenges. The mini-challenges are designed to keep your activity constant and help you make small, daily changes on the road to overall fitness and health. These mini-challenges will vary and include physical, nutrition and mind/body components. The majority of the mini-challenges can be completed individually, but we encourage participants to complete these challenges as a group, or with fellow participants, as the extra support and friendly competition provides motivation and makes the overall experience more fun.

Factors Determined in Choosing Winners

During the Challenge, there will be bi-weekly "check-in" sessions that consist of a weigh-in, fitness challenge, and informational session or event. Winners will be determined at each periodic weigh-in, as well as at the conclusion of the Challenge. See below for details of how winners are chosen.

In order to be eligible for winning at any point during the Challenge, **participants must not fall below their minimum recommended BMI range. Participants who exceed the recommended maximum weight loss will not be eligible for winning that week.** Exceptions may be

considered given documentation from a physician that the participant's progress is being monitored, but will be made at the sole discretion of the organizer. At the end of the 60 day challenge, winners will be determined by a group of "judges" which will consist of Solão Fitness staff as well as licensed physicians, nutritionist and/or other certified members of the fitness and medical communities. In order to determine overall winners, the judges will consider a range of factors holistically – including, but not limited to, the following:

For Weight Loss Winners: Weight loss percentage, body fat percentage lost, change in BMI, change in circumference measurements, and documentation of healthy diet and fitness habits through class attendance records and online nutrition and exercise reports (myfitnesspal.com and fitnessbuilder.com).

For Activity Overall Point Accumulation Winners: Amount of points accrued from attended and completed challenges, activities and events. Weight loss is not a determining factor in overall-point accumulation, although activities that may aid in weight loss are counted toward the overall point tally. Thus, since a multitude of factors are evaluated in order to determine the overall winners, but weight-loss percentage is the only factor used to determine the bi-weekly weigh-in winners, it is possible that the overall winner may differ from Weight Loss winners.

The organizer and judges reserve the right to determine the overall winners, and participants waive their right to contest the judges' ultimate decisions when agreeing to participate.

If a body fat percentage or body mass index (BMI) falls below a healthy range, a contestant will not be considered as a winner for the Challenge unless the participant can document that their progress is being documented by a physician. Solão Fitness has the sole discretion in determining winners, based on the above factors, and all decisions will be rendered final and cannot be contested.

The Fit Plus Challenge promotes healthy weight loss and improved overall fitness and lifestyle changes, and due to our commitment to this **we do not condone any practices that detract from the participants' overall health.** Our winner-eligibility policy, described above, is designed to enforce and demonstrate this commitment.

Smile!

You need to be willing to have your pictures and results posted. Your picture and statistics will only be posted if you are chosen as the winner of the contest, or one of its stages.

Who can enter?

This Challenge is open to Solão Fitness members and clients as well as guests. Participants **do not** have to be a current member or client of Solão Fitness. Solão Fitness Annual Membership Members who participate in this Challenge will receive a minimum \$75 discount off the Challenge fees. This contest is open to all persons who have been deemed physically able by their health care provider. **Prenatal mothers are permitted to participate in this activity for life coaching benefits only; weight, body fat percentage, and circumferences will not be considered in determining prizes. Prenatal mothers are not eligible to win any individual weight loss challenges.**

Prizes!

There are two grand prize categories: Overall Winner and Weight Loss Winner. In addition, prizes may be awarded at the discretion of the organizer for winners of individual fitness, nutrition, and weight loss challenges. Prizes include free Solão Fitness and Dance Membership, Class Passes and Solão gear and accessories as well as other fabulous prizes provided by our Challenge sponsors. Winners will be announced after the conclusion of the Challenge, when all results have been recorded.

Other Benefits:

- o Learn how to eat healthy and nutritiously.
- o Nutrition and exercise counseling.
- o Bi-weekly nutrition and physical activity tips.
- o Chance to win incentives and prizes!
- o Annual Membership Members will receive a discount off their entry fee.
- o Develop a healthier lifestyle.
- o Keep track of your goals and progress online.
- o Find like-minded fitness buddies.
- o Come to the final assessment to see how much you've accomplished!

To enter, fill out the registration form found at www.solaofitness.com, or at our studio, and begin your journey today! For more information, please call 773-235-7500, or email fitplus@solaofitness.com