

Total Solution Fitness Solution 24/7
BIG GIVE
WEIGHT LOSS CHALLENGE

Coming Together to Compete for a Cause

Fitness Solution 24/7 and Total Solution is ON A MISSION to give back to the community by raising money and awareness for local causes. Big money will be given for big weight losses and big health gains. Last year we lost ONE TON and collected \$35,000 in cash and prizes.

The goal is to lose A TON more weight and give “A Ton” more cash to local causes. Therefore, Fitness Solution 24/7 has issued a challenge to battle the bulge (and each other) to increase the size of giving and decrease the size of waist lines in our area.

Each team member will get:

-  Free 8 week membership to Fitness Solution 24/7
-  Better Body, Improved Health, Less Stress and More Energy
-  Free Personal Training Session at Fitness Solution 24/7
-  Discounts at local businesses
-  Free Body Fat Analysis
-  Free Metabolism Evaluation
-  Online Interactive Support
-  Free Life Coaching Session

IT'S PROVEN! PEOPLE WHO LOSE WITH A GROUP LOSE 4 TIMES FASTER AND HAVE MORE FUN! IT'S THE TIME OF YEAR WHEN PEOPLE WANT TO LOSE WEIGHT AND BECOME MORE FIT ANYWAY!! LET'S DO IT FOR CHARITY!!

Joining this “Tons of Fun Experience” is easy as 1,2, 3

1. Create a team of 4
2. Choose your cause
3. Pick your team name

**BUCKS FOR BODIES
TONS OF FUN
CHALLENGE FOR CHARITY**



Big Give Weight Loss Challenge 2011 Registration Form

Team Name

Team Leader Name and Email

Team Member Names and Emails

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-
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Cause/Charity

Register team by January 21st By 4:00 p.m. Entire team only \$89.00

As part of the Big Give Weight Loss Challenge the team members and leader listed above, agree to participate in an 8 week weight loss challenge at Fitness Solution 24/7. We agree to attend the Kick off Celebration/ First Weigh-In at Fitness Solution 24/7 Monday, January 24th at 5:30 and weigh in every Tuesday for the following 8 weeks at Fitness Solution 24/7 anytime between 8 am -7 pm. (Two out of the eight weeks, the weigh in will be held at a special challenge location.) We agree to complete both a body fat analysis and a personal Metabolism Evaluation with a Total Solution Representative. We understand that we each have our own 8 week membership at Fitness Solution 24/7 and agree to meet with a Fitness Solution Trainer to be given the proper guidelines of form, posture and breathing techniques to increase my metabolic rate, so we get the best results while safe guarding against injury. We agree to hold Fitness Solution 24/7 and any of its representatives harmless of responsibility for any injury we might incur while performing these activities. We understand that so as not to "over-do" we must stay within our endurance level.

Team Leader

Date

Team Member

Date

Team Member

Date

Team Member

Date

Important Dates and Money raising opportunities for your team to remember:



Kick off Celebration/ First Weigh-In at Fitness Solution 24/7 Monday, January 24th at 4:30



Weigh in every Tuesday for the following 8 weeks at Fitness Solution 24/7 8 am -7 pm
(Two of the weigh ins will be held at special Challenge locations TBA)



Individual Wrap up Celebration Award at Fitness Solution March 28th

Team Prize Presentation and Pledge monies presented at the Health and Fitness Expo April 2nd



Teams with highest % of weight loss from January 24th – March 22nd will win money for their cause
1st, 2nd and 3rd places will be awarded



Matching Pledge Challenge- the team with the greatest amount of pledge money collected will be doubled