

WHAT IS THE CHALLENGE?

This isn't your ordinary weight loss competition! Keep reading! Compete against other individuals to earn points by increasing lean muscle, decreasing body fat, weekly physical activity challenges and nutrition!

The MOST POINTS will be awarded for decreasing body fat and increasing lean muscle. NO POINTS awarded for weight loss alone. In the end you will be deducted points if you lose muscle mass. Individuals will have their private excel tracking sheet that they will e-mail weekly. This excel sheet keeps track of your cardiovascular exercise, resistance training, daily facility visits, and more! You are awarded points each week for reaching the weekly goals! Don't have excel at home? DON'T WORRY! You can hand in a paper tracking sheet each week as well!

DID YOU KNOW?

When losing weight it is important to lose body fat while gaining lean muscle tissue. Increasing muscle tissue will help to maintain the weight lost as muscle tissue burns more calories than fat does, increasing a person's metabolism. When a person focuses on just weight loss they can actually slow their metabolism by losing muscle mass with fat mass, making it harder to keep losing weight and to prevent regaining weight. Increasing muscle mass also counteracts the muscle loss that is associated with aging.

REGISTER NOW!

Go to our website:

[www.safariislandcommunitycenter.com/
snowexcuses](http://www.safariislandcommunitycenter.com/snowexcuses)

Testimonials from Winter 2018

"When I started this program I wasn't sure if I would be able to maintain consistency. I maintained consistency and have established a great workout routine. I am feeling stronger and healthier overall. I am so glad I decided to do this program. I would recommend this program to anyone wanting to improve their health."

"I truly enjoyed this program! It made me be accountable but didn't overtake my entire life. I could workout on my schedule, fit the nutrition in how it worked for my lifestyle, learned healthy tips and tricks along the way, and challenged myself to try new workouts I would have never done on my own. Thanks for a great program!"

"I loved this program, it really pushed me to work out harder and eat better than ever before and I'm so glad I did, I can see huge changes in my body and just the way I feel."

Safari Island Community Center

1600 Community Drive
Waconia, MN 55387

Phone: 952-769-7950

E-mail: SWeidemann@waconia.org



SNOW EXCUSES Transformation Competition

Pre-assessments:
January 7th-11th

6 week challenge
January 14th - February 24th

Post-assessments:
February 25th - March 1st

**Deadline to sign up is
December 28th (NO exceptions!)
Max: 50 participants**

HOW TO EARN POINTS:

- Cardiovascular Exercise (*weekly max: 5 pts*)
- Resistance Exercise (*weekly max: 5 pts*)
- Flexibility Exercise (*weekly max: 5 pts*)
- Completing assessments (max 20 points)
- Daily facility check-ins (*weekly max: 5 pts*)
- Fruit/Veggie Servings (*weekly max: 15 pts*)
- Nutrition Planning (*weekly max: 5 pts*)

Cardio points - for using any cardio machines, walking track, etc... or by participating in a cardio based group fitness class.

Resistance points - using weight machines, free weights, participating in a strength based fitness class. Personal training sessions count as resistance points.

Flexibility points - adults should do flexibility sessions at least 2-3 days each week to improve range of motion.

A list of group exercise classes and whether they are considered strength, cardio and flexibility will be listed on your excel tracking sheet.

Daily facility check-ins - you receive 1 point PER DAY each time you check-in to the facility to workout. You are allowed to workout OUTSIDE of Safari Island but you will not receive 1 point. (5 points weekly max).

Fruit/Veggie Challenges - you receive 1 point for each serving of fruit and vegetables you eat (15 points weekly max). You will receive an informational sheet on this.

Nutrition Planning - you receive 5 points for either meal prepping or planning your meals the week in advance. Templates will be provided. Proof has to be sent with weekly points each Monday in order to receive points.

HOW TO TRACK POINTS:

We provide you with an easy to follow excel tracking sheet that keeps track of all of your weekly and total points!

Here is a screen shot of what your weekly tracking will look like:

Week 1 (1/14-1/20)		Week 1
Facility check-ins (1 pts/day)	5	5.0
Cardio - 120 min. (5 pts max)	90	3.8
Resistance - 40 min (5 pts max)	30	3.8
Flexibility - 20 min (5 pts max)	20	5.0
Fruit/Veggie Servings (1 pt/serv, 15 max)	12	12.0
Nutrition Planning (5 pts max)	5	5.0
Total for week 1		29.5

Tracking points only takes a few minutes each week! Scores will be sent out weekly with who is in the lead! BUT REMEMBER, the biggest portion of your points won't be determined until AFTER your post assessment. The person with the most FAT pounds lost and MUSCLE gained will receive the most points. These points ARE based on an honor system, so yes someone would fib on their scores but in the end if they met all of their goals and ate correctly, there results would reflect their tracking sheet.

Please go to

www.safariislandcommunitycenter.com/snowexcuses

For a short informational video that explains this competition. This will help answer any questions surrounding how to track points, how points are calculated, etc...

WHAT DO I WIN?

Let's get to the fun stuff! What do you WIN if you are at the top of the leaderboard at the end of this 6 week challenge.

Prize categories:

Female & male categories

- **1st place overall winner** (awarded to the individual who earns the most points overall) - \$200 SI gift card

Cost:

\$50 Members / *\$70 non-members
*NO SI BUCKS!

What's included in the cost:

- Pre & Post assessments (value \$50)
- Private individual tracking sheet
- Weekly challenges/goals
- Weekly e-mails with various topics to education you, keep you accountable and motivate you to stay on track!
- TWO Group workouts held on Wednesday between 6-7pm on 1/23 & 2/20. Childcare is available but must sign up in advance.
- Educational seminar on "Preparing to be Successful and Q & A" will be on Sunday, January 13th from 5:30-6:30pm at Safari Island (highly encouraged to help you stay on track this winter).