

2019 Paleo LiveFit Challenge!

The LiveFit Challenge is a fun competition to help our community get in shape, stay in shape and learn new ways to LiveFit! The LiveFit Challenge incorporates pop-up challenges, weight loss, nutritional advice, fitness & fun!

INVEST IN YOURSELF! Over the course of this 5-week program you will learn tools for how to LiveFit! You will get support & coaching from The Cardio Club Staff, 1 on 1 weigh-ins, nutritional talks from trained professionals, fun challenges, new friendships & CHANCES TO WIN LOTS OF GREAT PRIZES! We encourage LiveFit participants to have fun with the challenge! Encourage and inspire others through social media and in person too!

Orientation, Packet & T-shirt pick up, Weigh-in:

COST: *REGISTER BY 6/5 for FREE T-SHIRT!

Early Bird For MEMBERS: \$50.00

Early Bird for NON-MEMBERS: \$60.00

Early Bird for Remote Participant: \$65.00

Nick of Time: \$60.00 or \$65.00 (After 6/5)

WHEN: 6/19/19 @ 6:15pm at The Cardio Club. Orientation is HIGHLY RECOMMENDED!

Challenge Format:

Challenge runs 6/22-7/27! This is a competition for teams of two. Each participant will receive 5 LiveFit cards with different LiveFit activities to do for points locally & even while on vacation!

Participants choose whether they want to fill one card over the course of the 5-week program, 5 cards or any amount in between. Fill the cards at your leisure! No weekly weigh-ins and limited time constraints! Each week all the COMPLETED cards will be tossed into a hat and a participant will be selected at random! If your card is selected, you win a prize for you and your teammate too! There will be SEVERAL WINNERS selected over the course of the challenge, PLUS, the BIGGEST LOSERS will win a prize in the end too!

Prizes include:

\$\$\$ CASH \$\$\$

\$125 gift certificate for Greenane Farms CSA

Treatment at Viafore Family Chiropractic

Massage Rachel James of "A Time to Heal" Massage

Massage Nicki Hoyt of "Hands" Massage

Massage Tool

30-minute Nutritional Consult w/Joanne Kudrewicz

Colonic Hydrotherapy Session w/Joanne Kudrewicz

Lotion from Catskill Botanicals

Round of Golf, 18 holes with a cart

Gift Certificates to LOCAL Restaurants

GRAND PRIZE LINE-UP:

***At the beginning of the competition, every participant will be asked to put \$10 in the Biggest Loser Pot! 1st Place Biggest Loser TAKES ALL!**

Prize for 1st Place Biggest Loser: CASH & \$125 gift certificate for Greenane Farms CSA

Prize for 2nd Place Biggest Loser: \$125 gift certificate for Greenane Farms CSA

Prize for 3rd Place Biggest Loser: 18 holes with a cart at Delhi Golf Course

LiveFit Rockstar (selected by other participants): 18 holes of golf with a cart at Delhi Golf Course

LOCAL POINTS:

Contestants receive LiveFit cards with 9 ways to check boxes for this challenge. We operate on the honor system. Please initial each box on your card when you complete a task. Contestants must hand their completed card in to The Cardio Club office BY Friday at 5pm each week (or send a photo of the card to the CC staff), in order to be eligible for the WEEKLY PRIZE DRAWINGS! Cards must be filled in order to be eligible for that weekly prize. You do not have to fill all five cards in order to be eligible to win the Biggest Loser prizes!

Your Choice: You get 4 boxes for “Your Choice”! **EXERCISE VIGOUROUSLY** 4x weekly! Take a class, get active for 45-minutes by choosing a vigorous activity or GO HARD in the weight room at a gym. Your choice!

Ab Challenge: You get 4 boxes for the following core exercises, inspired by an Ab Challenge in Elle Magazine!

Bear Pose: Hold for total of 60 seconds daily. Can be broken up in to 5 sets at 10 seconds or held for all 60 seconds.

Bicycle and Crunch: 20 reps. Right and left equals one rep.

Three Way Plank: 4 rounds each side

Back Extension/Lat Pull: 20 reps.

Plank on forearms w/Hip Rotation: 20 reps. Right and left equals one rep.

Hollow Body Hold: Hold for total of 60 seconds daily. Can be broken up in to 5 sets at 10 seconds or held for all 60 seconds.

Side Plank w/arm and leg lift on forearm: 10 reps each side

Pilates Hundreds: 60 seconds or as long as you can keep your lower back flat on the ground.

Meditation: You get 4 boxes for meditation. Meditate for 5-10 minutes daily. Can use an app for guided meditation or spiritual meditation. Each individual is different.

Foodie Points: You can check 5 boxes by posting 1 collage by Friday at 5pm of 5 of your PALEO MEALS! If eating out you must be VERY SPECIFIC with your servers, as most meals at restaurants are not Paleo.

Through Greenane Farms we offer a CSA at The Cardio Club. “Community Supported Agriculture” supports your local farmers and at an EXTREMELY REASONABLE PRICE! The cost for fresh, local food is less expensive than your local grocery store.

CSA Info: for \$50 per week you can receive a special Cardio Club CSA Share. Sustaining a healthy diet is a big part of making a real commitment to living fit. The Cardio Club has worked with the team at Greenane Farms to specially select farm-fresh foods that will help you LiveFit. In each delivery you will receive a large tote filled with a special selection of fruits & vegetables, 2+ pounds of lean meats, and a special salad dressing of the week. The share can be split with someone else to save on cost OR you can select certain categories. For example: order a full share of beef and chicken and a half share of fruit and vegetables, or only produce. The choice is yours!

***For the purpose of this challenge you will not be allowed to eat the salad dressing in the CSA or white potatoes, as they are NOT PALEO!**

Paleo: You get 7 chances to check a box when you eat PALEO each day for **30 days!!** That means we will all eat Paleo from JUNE 29-JULY 28. ****Week 1 will be different!**

H2O: You can check 1 box when you drink ½ your body weight in ounces of water each day for 1-week. That’s Saturday to Friday. *If for medical reasons you are unable to drink this much water, please contact Raegan for an alternative.

Stretch: You can check 1 box when you stretch at least 5-10 minutes once daily **5 days**. Only Yoga classes count for stretching, we encourage you to stretch outside of your regular fitness classes!

Check-in: You can check 1 box when you check-in. Each week Raegan will host a LIVE check-in through a private FB group. This will occur Mondays @ 6:05pm. Join Raegan at The Cardio Club for a community feeling OR check-in online through the FB group. This is for support and camaraderie!

Pop-up Challenges: This time around we will tell you ALL FIVE pop up challenges prior to week 1 and your team will choose which challenge you do when!

Weight Lost & Inches Lost—At the end of the challenge each participant will earn bonus points based on a % of weight lost and inches lost too! Participants will only be weighed at the very beginning of the challenge and at the end of the 5-weeks. For example: If weigh in weight is 175lbs and at the end of the challenge it is 170 that’s 5 lbs. lost. To calculate the % of body weight lost it is $5\text{lbs}/175\text{lbs} \times 100 = 2.8\%$ body weight lost. At the end of the competition we will award each participant points based on what percentage of weight was lost. In addition, participants will earn 1 point for every inch lost.

****REMEMBER always check with a physician before starting any exercise program!***

***Prizes are non-transferrable. By participating in the LiveFit™ Challenge you may note that The Cardio Club may use photos, results, and accomplishments for promotional purposes. Contact us at (607) 746-7050 or go to www.thecardioclub.com**