

## **2021 LiveFit Weight Loss “6-Week Quarantine” Challenge!**

**INVEST IN YOURSELF!** Over the course of this **6-week program** you will learn tools for how to LiveFit! You will get support & coaching from Raegan and CHANCES TO WIN GREAT PRIZES!

### **COST:**

**Cardio Club Members:** \$50 or **Non-Members:** \$55

**Biggest Loser CASH POT FEE:** \$10

**NEW! Cardio Club TEE OR TANK:** \$15.00! We'd love to see you ROCK the CC tee or tank in your pics!

### **ZOOM ORIENTATION:**

**WHEN:** @ 10:15 on Saturday, January 30th. **I will post the zoom link for everyone to join.** I highly recommend all participants “be” at orientation!

### **Challenge Format:**

Challenge runs 1/30-3/13! This is a competition for individuals. Each participant will have a card with different LiveFit activities to do! You will have to print out your six cards or edit the card right on your smart phone. If a printer is not available, you can draw one, or save the jpeg file to your phone and “markup” the jpeg with the edit option.

Participants choose whether they want to fill 1 card over the course of the 6-week challenge, 6 cards, or any amount in between. Fill the cards at your leisure! No weekly weigh-ins or limited time constraints!

Each week all the COMPLETED cards will be tossed into a hat and ONE lucky participant will be selected at random! If your card is selected, you win a prize!

At the beginning, each participant throws in an extra \$10 for the BIGGEST LOSER POT \$\$\$! In the end, the TOP BIGGEST LOSER will WIN 75% of the \$\$ CASH \$\$ AND the 2<sup>nd</sup> Place BIGGEST LOSER WINS 25%.

**\* You do not have to fill all 6 cards in order to be eligible to win the Biggest Loser prizes!**

**BIGGEST LOSER GRAND PRIZE:** CASH PRIZE (winner takes 75% the BL Pot \$\$ and 25% for the 2<sup>nd</sup> place BL), PLUS each biggest loser receives a gift certificate to Greenane farms for a farm fresh CSA.

### **WEEKLY PRIZES:**

**1-Wireless Ear Pods**

**1-Colonic Hydro-Therapy Session w/ Invisible Thread**

**1-Nutritional Consult w/ Invisible Thread**

**1-Chiropractic Session at Viafore Family Chiropractic**

**1-Cream from Catskill Botanicals**

**1-Muscle Testing Consultation w/Darlene Dudash**

**1-Eye Lash Extensions w/Krystina Palmatier**

**Weigh-in:** CONTESTANTS MUST WEIGH IN AT HOME, or come to the gym to be weighed in BEFORE Saturday, January 30. If weighing in at home, send a picture of your feet on the scale & please note your weight to Raegan! This is your starting weight! At the end of the competition, you will send one more pic of yourself on the scale! The person who loses the largest % of BODYWEIGHT WINS! Bonus points will be awarded for inches lost as well! :) Plain and simple!

**\*\*BONUS CHANCE TO WIN A PRIZE:** If you send a pic on the scale each Saturday by 10am, and you LOST weight, you get AN EXTRA CHANCE (extra raffle ticket) for that weekly prize!

## **LOCAL POINTS:**

Contestants receive LiveFit Local 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 and send to Raegan Reed & Staff at Cardio Club each week, in order to be eligible for the WEEKLY PRIZE.

**Your Choice:** You get 4 boxes for “Your Choice”! EXERCISE VIGOROUSLY 4x weekly! Take a virtual class in the CC group, or get active for 45-minutes with a vigorous activity and get your sweat on!

**5-minute Body Challenge:** You get 4 boxes, when you complete all 5 of the below exercises daily! Modifications can be given for ANY exercise!

**Leg Raises:** Lay on back, lower & lift 1 or 2 legs (for a challenge). Repeat for 60 seconds or as long as you can

**Mountain Climbers:** On your hands or forearms, right knee to chest, then left OR march your feet out and in. Do this for 60 secs or as long as you can.

**Belly/Shoulder Taps:** In a plank, tap your belly or shoulders, as quickly as you can, one hand at a time. Do this for 60 seconds or as long as you can.

**Push Ups:** On your knees, feet, one knee, at an incline or decline. Try this for 60 seconds or for as long as you can. Challenge yourself and try to get your chest close to the floor!

**Buddah Squat:** Squat down to floor with or without weight. Do this for 60-seconds or as long as you can.

**Connect with a Friend or Family Member:** You get 4 boxes for connecting with a friend. Reach out to a friend or family member through FaceTime or zoom. Make connections! We need each other!!

**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 get 1 box when you prep your CLEAN food for the week. This can mean washing greens, marinating meat, cooking a healthy dish, etc. Create 1 collage of at least **4 meals** and post by 10am Saturday.

**H2O:** You get 1 box when you drink ½ your body weight in ounces of water each day for the entire week. \*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 for at least 5-10 minutes once daily **5 days** of the week. 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 with Raegan through ZOOM each Saturday morning at 10:00am. This is for support and camaraderie!

**Pop-up Challenges:** Each week check out The Cardio Club FB page for your pop-up challenge. **\*Remember for Pop-up Challenges you must post a photo on the Cardio Club Facebook wall.**

\*ONE FREE LiveFit PASS is allowed over the course of the Challenge. Things come up and sometimes we need a pass in life! This free pass can be used to initial one box, even if you did not complete it. In other words, if the pop up challenge is “No Alcohol”, but it is your birthday and you want to drink one night, you can turn in your free pass at weigh in and initial that box “FP”.

**\*REMEMBER to always check with your physician before starting any exercise program! Contact us at (607) 746-7050 or go to [www.thecardioclub.com](http://www.thecardioclub.com) \*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.**

