

SIXTH ANNUAL

CHANGE

2012 BIGGEST ~~LOSER~~ COMPETITION

LOOK GREAT
FOR SPRING
BREAK!

1ST TIME
PARTNER
COMPETITION

KEEP EACH
OTHER
ACCOUNTABLE!

Join with a Friend, Spouse or Significant Other to lose body fat, create healthy habits, AND win cool prizes for Spring Break 2012!

Partner Prizes (1 gift card for each partner of winning team)

Grand Prize: \$250 Southwest Airlines Gift Card

First Runner-up: \$150 Bed and Breakfast.com Gift Card

Second Runner-up: \$75 Gas Card

**SIGN UP TODAY!
Contest starts
Jan. 4**

-  \$60 Entry Fee / per person
-  No individuals, only teams of two accepted.
-  Object: Determine who can lose the most Body Fat in 8 weeks!
-  How: Get in the Bod Pod to uncover your starting Body Fat and daily calorie needs. Then, exercise consistently while eating in your correct calorie range and you and your fitness partner can win!
-  8-week competition starts January 4th. Entries and initial measurements accepted through January 10th. Ending measurements will be February 29th through March 6th (before Spring Break).
-  Open to anyone! There is no obligation to become a member of Good Bodies. No hidden costs!
-  This is a unique competition because of the opportunity to be measured in the Bod Pod®.
-  Call Good Bodies at 614-889-2282 to schedule your Bod Pod® appointment.



The safest and most accurate method available of measuring body composition.

2012 BIGGEST CHANGE COMPETITION DETAILS

- \$60 entry fee pays for both Bod Pod® measurements – normally \$40 for 1 measurement!
- Initial measurements will be January 4th -10th. Final measurements will be taken February 29th through March 6th. You must schedule your final measurement on the corresponding day (8 weeks later) of your 1st measurement.
- There is no obligation to become a member or to workout at Good Bodies. No hidden or additional costs! (We'd love you as a client but there's no obligation.)
- Your Privacy and Dignity will be protected. The only "weight" information published is the winners and runner-ups percentage of Body Fat change. Actual Weight and Body Fat % will not be posted anywhere. This is the same for all contestants.
- Change does mean reduction in Body Fat %.
- Tie-Breaker will be % of lean mass gain.
- All teams need to be made up of 2 competitors. Teams can be made up of 2 males, 2 females, or 1 male and 1 female. The winning team is the one that loses the most body fat % on average. Team members who don't get a final measurement, avg 0%.
- Competitors will receive information when they receive their 1st Bod Pod measurement. It will include health and exercise information that will help them get off on the right foot.
- Contestants will receive weekly support via email that will include the Good Bodies Healthy Habit tips, exercise tips, encouragement, inspiration, and contestant highlights. .
- Call Good Bodies at 614-889-2282 to schedule your Bod Pod® appointment.
- Good Bodies accepts cash, check, VISA, MC, AMEX, and Discover.
- To learn more about Good Bodies and the Bod Pod®, go to www.goodbodiesfitness.com.

**Look at this example of how 2 contestants measure up.
Someone who loses 5 lbs can beat someone who loses 15 lbs.**

			Contestant A		
Starting Body Fat 49%			Ending Body Fat 46%		3% reduction
Starting Weight	170 lbs.		Ending Weight	165 lbs.	5 lb. reduction
Starting Lean Mass	86.7 lbs.		Ending Lean Mass	89.1 lbs.	2.4 lb. increase
Starting Fat Mass	83.3 lbs.		Ending Fat Mass	75.9 lbs.	7.4 lb. reduction
			Contestant B		
Starting Body Fat 37%			Ending Body Fat 35%		2% reduction
Starting Weight	160 lbs.		Ending Weight	145 lbs.	15 lb. reduction
Starting Lean Mass	100.7 lbs.		Ending Lean Mass	94.2 lbs.	6.5 lb. reduction
Starting Fat Mass	59.2 lbs.		Ending Fat Mass	50.8 lbs.	7.4 lb. reduction

CONTESTANT A WINS!!! Contestant B made the mistake of losing too much in a short period of time, losing muscle and fat. Contestant A utilized their calories and workouts more efficiently, grasped better lifestyle habits, and gained lean mass while losing weight. SO even though they only lost 5 lbs., they win because they reduced their Body Fat by 3%.



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