

# The 2<sup>nd</sup> Annual “Fat Burn-Off” Competition Details

- \$60 entry fee pays for both Pod® measurements, your personal donation to the *Jeg's Foundation Racing for Cancer Research Fund*, and 8-weeks of exercise, nutrition, and lifestyle information to help you achieve your personal weight loss goals.
- Initial measurements will be September 13<sup>th</sup> – 23<sup>rd</sup>. Final measurements will be taken November 8<sup>th</sup> – 18<sup>th</sup>. You must schedule your final measurement on the corresponding day of your 1<sup>st</sup> measurement.
- Winning Team is based on Average Body fat % lost per team. Tie breaker will be lean mass gain. The winning team gets a bonus donation to their charity, the right to hold the “Fat-Burn Off” Jug until the next competition, and bragging rights over their rival!
- Winning individuals are the top male and female from each team and is based on body fat % lost. Tie breaker will be lean mass gain.
- **Open to anyone! There is no obligation to become a member of Good Bodies or Vita. No hidden or additional costs! (we’d love you as a client but there’s no requirement).**
- 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.
- Individuals who want to compete but cannot drive to their team’s Bod Pod can be measured in the other team’s Bod Pod.
- Competitors will receive a packet of information when they receive their 1<sup>st</sup> Bod Pod measurement that will include health and fitness information. Weekly emails will be sent to each competitor that contain exercise, nutrition, and lifestyle information to help keep on track.
- The initial Bod Pod measurements will be September 13<sup>th</sup> – 23<sup>rd</sup>.
- Good Bodies will be open from;
  - \* 6am to 10pm Mon. – Fri.
  - \* 6am to 5pm Sat. – Sun.
  - \* If there are appointment times available, you can sign-up through the 23<sup>rd</sup>.
- Call Good Bodies at 614-889-2282, extension 83, 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](http://www.goodbodiesfitness.com).
- To learn more about Vita and the Bod Pod®, go to [www.henryfordwestbloomfield.com/vita](http://www.henryfordwestbloomfield.com/vita)

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	<b>49%</b>	Ending Body Fat	<b>46%</b>	<b>3% reduction</b>
Starting Weight	<b>170 lbs.</b>	Ending Weight	<b>165 lbs.</b>	<b>5 lb. reduction</b>
Starting Lean Mass	<b>86.7 lbs.</b>	Ending Lean Mass	<b>89.1 lbs.</b>	<b>2.4 lb. increase</b>
Starting Fat Mass	<b>83.3 lbs.</b>	Ending Fat Mass	<b>75.9 lbs.</b>	<b>7.4 lb. reduction</b>

### Contestant B

Starting Body Fat	<b>37%</b>	Ending Body Fat	<b>35%</b>	<b>2% reduction</b>
Starting Weight	<b>160 lbs.</b>	Ending Weight	<b>145 lbs.</b>	<b>15 lb. reduction</b>
Starting Lean Mass	<b>100.7 lbs.</b>	Ending Lean Mass	<b>94.2 lbs.</b>	<b>6.5 lb. reduction</b>
Starting Fat Mass	<b>59.2 lbs.</b>	Ending Fat Mass	<b>50.8 lbs.</b>	<b>7.4 lb. reduction</b>

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%.