

#### Contours Blacktown

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## National 6 Week Challenge Information Sheet

Starts: Monday 11 February 2013

Cost: \$69.00 members \$149 non-members

### How the Challenge Works

The aim of the National 6 Week Challenge is to provide you with the knowledge, motivation and structure to assist you in achieving your health and fitness goals.

This Challenge is a weight loss and BioAge challenge with 2 national and studio winners chosen. To keep you all on track and working towards your goals, the week of 4<sup>th</sup> February all weigh and measure, BioAge and photo's are to be taken. These must be booked in. We have to have all detailed registered with Contours HQ by 13/2/13.

Challengers will be notified prior to the start of the Challenge when final weigh and measure, BioAge and photo's will need to be done.

This year, Contours has partnered with **Ovarian Cancer Australia** where we will be donating \$10 for every challenger that participates in this Challenge. We hope to raise awareness of the disease as February is Ovarian Cancer Awareness month.

### What is on offer?

6 weeks Unlimited access to Contours Blacktown

Weigh and Measure weekly

Bioage testing at the beginning and end of the challenge

Nutrition information emailed to you weekly

Motivation tips sent to you weekly

5% off all Contours stock



## Calculating Winners & Prizes

There are a number of ways for a challenger to win a prize in the 6 week Challenge, with both the National prizes and studio prizes to win.

### National Weightloss Winner

**Round One-** Biggest weight loss percentage to 3 decimal places (Total weight lost divided by start weight then multiplied by 100). If there are multiple challengers with the same weight loss percentage, those challengers will move to round two.

**Round Two-** Biggest centimetre loss percentage to 2 decimal places. (Total centimetres lost divided by total starting measurements- Arms, bust, waist, hips, and thighs- Multiplied by 100)

### National BioAge Winner

**Round One-** The Winners will be the individuals with the three largest differences between starting BioAge and ending BioAge (Start BioAge minus end BioAge)

**Round Two-** The winners will be the individuals with the three largest differences in their end BioAge and their actual Chronological age in whole years (End BioAge minus Chronological

**Round Three-** The winners will be the eligible challengers with the greatest percentage weight loss during the challenge period. (Total weight lost divided by start weight then multiplied by 100)

### National Prizes

**This year there will be prizes for each state- NSW, QLD and VIC**

**Weight loss prize:** \$1000 Westfield Voucher

**BioAge Prize:** \$500 Westfield Voucher

There will also be a prize for the studios that raise over \$1000- This prize will be confirmed in the next update of the guide.

### Studio Prizes

**Weight loss Prizes:** \$100 Coles/Myer voucher

**BioAge Prize:** \$50 Coles/Myer voucher

**Cut of for registration is 3<sup>rd</sup> February. Places are limited to 30 participants and payment is to be made to secure your place. Any questions, please speak to one of the staff.**