



Be **Less FAT** CHALLENGE

Let's Be Real ...

We all know the changes we need to make, and the chances of positive change improve dramatically if you have support in adjusting your lifestyle. Connecting with others plays a vital role as there's only so much that can be achieved in classes alone. The challenge goes beyond the basics with these extras:

- **Monthly total step counts** (choose your goal and achieve it)
- **One : One weekly active meetups**
- **Watsapp group** for planning, sharing and discussing
- **Meal Plans ...** if you need them
- **FREE CLASS PRIZES** if you stick to it and get results

This challenge is for you if:

- You are truly committed about making a lasting change
- You're excited to work together to help motivate yourself AND others
- You are committed to at least 1 month of positive transformation
- You are ALL IN when it comes to taking on the extra mini challenges and giving them your best effort

This challenge is NOT for you if:

- You are likely to give up halfway through and aren't ready to connect with others
- You aren't ready to get out of your comfort zone

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Funny name, serious concept

Stuff You Need To Know

Your challenge runs for 1 month and can be started anytime from 13 Jan to 28 Feb. Feel free to do back to back challenges.

Challenge INCLUDING Unlimited monthly classes is \$180.00
Challenge only (classes additional) \$60.00

Whatsapp Group: the closest thing to us being with you 24/7. Even if you're in a class EVERY day that's still 161 hours each week that we're NOT by your side. They are the hours that count towards change. "High Five" others with achievements, set up walking groups, share recipes, ask for help in a safe space.

Step challenge: 300,000 steps is roughly 10k per day. 350,000 steps is roughly 11.6k per day. 400,000 steps is roughly 13.3k per day. **Walking/moving is KEY to change** - which is why you have unlimited classes in the full challenge and are encouraged to walk with a wrist device. Most classes can easily add 2,000 steps. Please note that if you are counting steps on your phone you'll need to work about 40% harder to hit your goal.

Incentives: 300,000 steps / month = 1 free class 350,000 steps / month = 2 free classes
400,000 steps / month = 3 free classes

Weekly active 1:1 check in: meet up with me for coffee or grab some bonus steps with a walk to catch up and keep on track.

Weigh in is optional and can be managed yourself with scales at home, OR body fat % weighed at my place (scales will not be moved off-site so you'll need to come here). Weigh ins are optional as you can also measure by clothes fitting better, having more energy and moving more, this could be your goal anyway.

Incentives: Lose 4kg in a month = 1 free class Lose 5kg in a month = 2 free classes
Lose 6kg in a month = 3 free classes

ADD ON PT: 4 x 30min pt sessions (1 per week) is normally \$200. On this challenge you can **add 4 x 30min sessions on for just \$80.00**. Why PT? Because it's a focus on YOU without the distraction of others, tailored to YOUR ability (ie an opportunity for heavier weights, technique work, or mobility).

Meal plans can be provided - please consider if you'll actually use them!