New Year
New Focus
New Challenge
New-trition

Join Our
NUTRITION, FITNESS AND LIFESTYLE REVAMP

Pre Assessments Tuesday, January 13
Challenge January 20 - March 12
Register by January 12

Fee: $100
See below for details

Trainer Supplied Workouts
New Year – New Focus – New Challenge

NEW-trition

Yep, we’re changing our ways in 2015. Rather than serving up a primarily fitness based challenge like we have for the past three years, we’ve decided to throw in a major nutrition component. Don’t worry, you’ll still get trainer workouts galore but you’ll be using them as part of a nutrition, fitness and lifestyle revamp designed by registered dietitian and fitness instructor, Sohailla Digsby. The program we’re referring to and you’ll be following under the direction of our registered dietitian, Mary Wells, is called 52 Days: Countdown to Your Best Body.

Something to think about:
• If you aren’t comfortable in your own skin (or your jeans), if you feel out of control when it comes to food, if you huff and puff when you move quickly or if your doctor is prescribing ever increasing numbers of medications, your body may not be at its “best.”
• Are you “doing things right” but not seeing results? The daily countdown “challenges” and related journaling will help you uncover YOUR game-changers - things you might never have discovered without doing all 52 days.
• Most people associate “best body” with weight loss in this country. Weight lost during this countdown will not be water or muscle weight - just the fluffy, jiggly, over-your-waistband kind of stuff you want gone. You will not be a dehydrated, mushy-muscle “loser” and your metabolism will not be compromised at the end of this challenge.
• This program works best if you do it with a partner, someone that desires similar results and will be there for motivation and accountability.

The program includes:
• Pre and post assessment with a registered dietitian
• The 52 Days: Countdown to Your Best Body Success Journal
• A meal measure tool for use in portion control
• Trainer workouts to be used for your 5 weekly 52 minute workouts (learn more about that in the book excerpt)
• Daily emails with Countdown Challenges
• Facebook support
• Discounts on sessions with Mary Wells, our registered dietitian, if desired or needed
• Chance to win weekly prizes
• Post challenge participant potluck

The fee for the 52 day challenge is $100. To sign up, email Lisa (lcooper@lrac.com) or register online (www.lrac.com). She will be in touch to schedule your pre-assessment which will take place on Tuesday, January 13. We pre-ordered limited books and meal measures - enough for the first 50 registrants - so let us know quickly if you plan to participate. We’ll reorder after the assessments but the publisher requires a week for shipping.

The challenge officially starts Tuesday, January 20, and ends Thursday, March 12.