



InBody CHALLENGE 2.0

Mental, Physical, & Nutrition Wellness

**Chance to
win up to
\$750
CASH!**

WHO: Members of Ames Fitness Center only. Must be 18+ years of age.

WHAT: An 8 week challenge designed to get you on the right track to a healthier, happier life using the InBody 570 and MakeMe app (*must have a smart phone/device to participate*).

Throughout the Challenge you will use the MakeMe app to record all progress and to earn points. You can earn points with nutritional habits, going to free group fitness classes and free group personal training classes, and completing mindful tasks. Along the way you will be able to utilize an AFC certified personal trainer for coaching and support.

At the end of the challenge if you complete the final InBody test (with the highest positive percent change) and earn 50% or more of the weekly points, you will have a chance to win a grand prize of up to \$750 CASH for 1st place (male and female), 2nd place prize up to \$250 CASH (male and female), or 3rd place prize of 5 one hour personal training sessions (male and female). **

The following formula will be used to calculate the percent change:

$$\text{Challenge Score} = \frac{\text{Initial Percent LM}}{\text{Initial Total Weight}} * [7.5(\text{Lean Score}) + 4.5(\text{Fat Score})]$$

WHEN: The challenge start day is August 26th and ends October 21st.

InBody Pre Test:

August 22nd – August 25th
Various times available.
SOUTH ONLY

InBody Post Test:

October 17th – October 20th
Various times available.
SOUTH ONLY

You MUST set an appointment for the pre or post test, email inbody@amesfitness.com to schedule.

WHERE: The pre and post InBody test will be at the South location (3600 University Blvd) only, no exceptions.

WHY: A chance to get out of the rut you are in and get the support to make the changes you have always wanted to make. Become the version of you that you deserve!

HOW: Register and pay \$49 (non-refundable) online at www.amesfitness.com
OR stop by the front desk thru Aug 23rd .

**Actual prize money is determined by number of participants.

