

FIT & FREE 2010 WEIGHT LOSS CHALLENGE!

**FEATURING STEPHEN ARTERBURN'S BOOK,
LOSE IT FOR LIFE**

Do you ever feel like you are running uphill in your weight loss battle or feel like you need an extra push to achieve your goals? Do you want to turn over a New You in the New Year? **Lose It for Life** in conjunction with the ***Fit & Free Weight Loss Challenge*** is your plan to make that happen!

Join one of our Weight Loss Challenge Life Teams as we guide you through a spiritual devotional as well as give practical weight loss tips. Through friendly competition and the spirit of teamwork you can gain the momentum, motivation and the moves you need to:

- Achieve greater physical health
- Maintain weight loss and healthy habits developed from Fit & Free '09
- Build healthy exercise and nutritional plans
- Break through in your ability to loose weight and keep it off
- Become all that God has called you to be inside and out!

The Twelve Week Fit & Free Weight Loss Challenge is \$35 and includes:

- Lose It for Life by Stephen Arterburn, M. Ed.
- Participation in a Weight Loss Challenge Life Team with accountable relationships
- Fit & Free Journal
- A safe environment to grow, change and lose weight
- Website access to an online Meal Plans and Recipes, Weekly Challenges and more.
- Fit & Free Seminar Rally to discuss the "Fallacies of Food"
- Workout Opportunities (i.e. boot camps, prayer walks)
- Fit & Free For Life Pedometer
- Eligibility to win a great prize!

Why put off a healthier lifestyle until tomorrow!

Tues., December 8, 2009	Registration goes up to \$45
Tues., December 22, 2009	Registration goes up to \$60
Sat, January 2, 2010	Product Pick Up, Expo & Weigh-Ins Due
Sun, January 3, 2010 at 1 p.m.	Last Day to Register & Join a WLC Team. All paperwork must be turned in by 1 p.m.
Wed, Mar 31 – Sat. April 3	Complete Team Weigh-Outs & Submit to Life Teams Office
Sat, April 3, 2010	Last Day of Weight Loss Challenge

Visit lifeteams.org and click on the Fit & Free tab for more information.

Take Action & Register Now!

Fit & Free '10 Weight Loss Challenge

FREQUENTLY ASKED QUESTIONS

GENERAL

Is membership at a certain gym or residence in a certain area required for participation? You do not have to be a member of any specific gym, nor live in a designated area to participate in the WLC. We do not require you to work out at a gym, attend a certain class, or weigh in at a designated area.

What activities can I participate in throughout the 12 weeks? There are no certain activities that you must participate in throughout the WLC. Most teams will decide their workouts corporately and activities will vary. These activities or workouts can be as frequent or as intense as you, the individual, decide. Stay tuned for corporate activities that will be available to you by visiting www.lifeteams.org and clicking on the Fit & Free tab.

Website: Throughout the 12 week challenge, each participant is provided workout suggestions, meal plans and recipes, weekly encouragement and announcements for special workout opportunities, such as boot camps. Leaders, please be sure the members of your team are actively utilizing this site. This information can be viewed by visiting www.lifeteams.org and clicking on the Fit & Free tab.

REGISTRATION

How do I register? You can go online to register now (recommended) or you can register in person online. Tables will be set up in The Prayer Room to accept registration on December 5th & 6th after each weekend service.

When does registration go up? Late Registration starts on December 8th increasing the price to \$45 and the cost goes up again to \$60 on December 22nd.

When is the last day for registration? We are not closing registration this year, so you have up until the first day of the challenge, Sunday, January 3rd at 1pm to register either online or at on sight laptops in The Prayer Room (Room 111 on the west side of the church).

Can non-members of Covenant Church register? Yes, non-members of Covenant Church can register. They will participate with members through our small groups that have been established for the Fit & Free Debt Loss Challenge.

WEIGH-INS

When and how is weight reported? Individuals must weigh in for the first time prior to Sunday, January 3rd, by 1p.m. Weights must be submitted to the LifeTeams Office in person, by way of the fit@covenantchurch.org email or to your Team Leader. A collection box will also be available until January 3rd in the Narthex. Every individual who participates in the WLC must have another person present when weighing in. If you are not yet on a team, you have two options: join a team and be weighed in with them, or go to a gym or doctor and have them sign your weigh-in card. Even if you have registered, if your weight is not turned in to the Life Team's Office by January 3rd you are no longer eligible to win the WLC prize but you can still participate with a team and in activities.

Will weight information be made public? Your weight will only be seen by your team leader or witness for weigh-in card and the LifeTeams Office. These weights will not be posted anywhere and will only be used when your final weight is turned in for calculating the WLC prizes.

PRIZES

What does the winning team/individual receive?

Cash prizes will be awarded in three categories:

- Best Percentage Weight Loss Male
- Best Percentage Weight Loss Female, and
- Best Percentage Weight Loss Team (average)

The amount of the payout will be based directly on the total level of participation across all campuses. Prizes will be awarded in service (to be announced) during the month of April.

How will the winners be determined? Winners will be determined by their percentage of body weight loss. This means their total weight lost over the 12-week period will be divided by their initial weigh-in weight and multiplied by 100.

Eligibility: Ministry staff and their immediate family members are ineligible to win any cash prizes in the competition/contest. This includes spouse, children, grandchildren, parents, grandparents, siblings and spouses of siblings. There is a separate challenge for them altogether where prizes will be awarded, but they will not be able to compete with any non-staff members and they will not receive cash prizes.

What if there is a tie? In the event there is a tie in the Fit & Free Weight Loss Challenge, all prizes and awards will be equally divided.

What about cheating? This program can only be successful by building a community with a strong spirit of trust and collaboration. However, every individual who participates in the Weight Loss Challenge must have another person present when weighing in for accountability purposes. While it is fun to compete and win, real success in this initiative comes from being honest with ourselves and legitimately reaching the individual goals that we set.

CONNECTING TO A TEAM

I am already on a Life Team but my team is not going through this challenge. How do I get on a short-term team? Once you register you will be directed to our Small Groups Module where you can search and select your own team. Once you find the team of your choice, you will be able to email them and then your team leader will contact you from the information you provide.

Where do I pick up my materials? The day for you to pick up your materials is Saturday, January 2nd during the Fit & Free Expo.

FIRST MEETING

When is the first meeting? Teams will meet weekly with their leaders so the first meeting will take place between Saturday, January 2nd and Saturday, January 9th.