

\$250 CASH PRIZE

14TH ANNUAL



WEIGHT LO\$\$ CHALLENGE

42 DAYS TO A BETTER YOU

JANUARY 6 - FEBRUARY 17, 2025



A Healthy, Fun Way To A Better You

\$250
CASH
PRIZE



The Weight Loss Challenge is for anyone age 18 and over who wants to firm up your body, loose weight and feel better overall. You get six weeks of all these tools to help you succeed.

MOTIVATION

Rich Zatta will provide workout tips, basic nutritional recommendations, fitness challenges, weekly emails and more.

Save on Private Training & InBody Scan

Your participation includes special discounts.

- Four 25-minute sessions + InBody scan **\$99**
- Three 25-minute sessions **\$75**
- InBody scan only **\$20**



SIX DEDICATED EXERCISE CLASSES WITH PIA ALESCI

Group workouts are a great way to stay healthy and keep motivated. This six-week curriculum has been developed specifically for registered participants of The Weight Loss Challenge.

All classes are held

12-1 pm in gymnasium court D
Jan 12 • Jan 19 • Jan 26 • Feb 2
Feb 9 • Feb 16

Pia Alesci is an AFAA certified group fitness instructor. Pia teaches multiple formats from Barre to CrossFit to Aquatics. Some of her certifications include: Rock Steady Boxing, Drums Alive, beginning level Pilates and Yoga, BOSU, Circuit/boot camp formats and Barre.



WEEKLY VIRTUAL WORKOUTS WITH KEVIN FARACI

Every Monday you will receive a virtual workout from Certified Personal trainer Kevin Faraci. These workouts were created by The J's fitness professionals and are challenging, safe and effective.

To get the workouts download the NASM edge app and use the email associated with your Mandel JCC membership for Kevin to send you the workout each week. Each video will incorporate the principles of fitness – muscle, cardio and flexibility/mobility. Enjoy!

Kevin is certified through the National Academy of Sports Medicine, World Instructor Training School, Nutritional Concepts, Cardio Boxing/ Kickboxing and is a Weight Loss Specialist.



NEW! NUTRITION SESSIONS WITH DIETITIAN LAUREN TUROFF

We have partnered with Lauren to provide you with the nutritional support needed to supplement your weight loss journey.

Jan 7 How to Eat healthy – Food Plate Method and Guide to Eating Out

Jan 14 How to Interpret Food Labels and Navigate the Grocery Store

Jan 21 Nutrition and Exercise

Jan 28 Protein Bars/Powders and Fluid Replacement Drinks

Lauren is a clinical specialist physical therapist at University Hospitals and is also a registered and licensed dietitian. She does consulting work with The Gathering Place teaching hands-on cooking classes to participants going through cancer treatment.

AND TO
ADD TO THE
FUN



NEW! Group Exercise Class Challenge

Try a different group fitness class each week. Take a selfie with the instructor and send to rzatta@mandeljcc.org with a note about why you like the class or instructor. You must send Rich six photos from six different instructors and classes to win a free InBody scan and a 25-minute private training session.

Expresso Bike Challenge

Sign in to a fully immersive cycling adventure. The 24" HD touchscreen displays road racing, studio cycling and HIIT gaming modes. Join the Big Weight Loss Challenge rides during the six week program for awards for the top rider in January and February.

BONUS: The rider with the most logged miles in January wins **three 25-minute private personal training sessions;** February winner receives **one free month of Recovery Zone.**



Event Dates

Jan 6 - Feb 17, 2025

Registration

Opens **Nov 29, 2024** • Closes **Jan 20, 2025**

Register at Member Services or online:

<https://sforce.co/3BalwO3>

Or contact Rich Zatta at
rzatta@mandeljcc.org



OR SCAN HERE

Fee \$70

RULES & REGULATIONS

1. You must be at least 18 years old to participate.
2. The Weight Loss Challenge is open only to Mandel JCC members and staff.
3. Past winners are eligible to win.
4. Participants must have a signed waiver of liability on file.
5. Registration will open November 29, 2024 and close January 20, 2025.
6. Fee for participation is \$70 and includes all classes, weigh-ins and additional activities as outlined in the program details.
7. All participants are required to weigh in on **Mon, Jan 6 during one of the orientation times: 6:30-7 am, 10-10:30 am, 1-1:30 pm, 4:30-5 pm or 6:30-7 pm.** Proper weigh-in attire must be worn: t-shirt and shorts or exercise pants. No shoes or bulky/heavy clothing.
8. Weekly weigh-ins on Sunday or Monday are highly encouraged. Record your weight for all six weeks and get a free month of Recovery Zone.
9. The final weigh-in will be held on **Mon, Feb 17 during the following times: 6:30-7 am, 10-10:30 am, 1-1:30 pm, 4:30-5 pm or 6:30-7 pm.** Participants who do not make the final weigh-in will not be eligible for prizes.
10. There are two winners in this competition: A male and female who have the highest percentage change in weight loss. The two winners will receive a \$250 Visa gift card.

Winners will be announced on February 20, 2025 on The J's website and social media pages (Facebook and Instagram).

