



6 Week Weight-Loss Challenge

Presented by Push Pull Training, LLC

Goals of the Challenge

- Educate employees on the importance of **Health & Nutrition**
- Improve employees' **Quality of Life** both inside & outside of the work environment
- Bring employees closer to their ideal healthy **Body Weight**
- Decrease employees' **Body Fat** to an ideal healthy range
- Increase **community & camaraderie** in the work environment

6 Week Challenge Timeline

Intro

- Employee meeting to discuss details of the challenge, meet the coaches and answer any questions

Week 1

- Employees will meet with coach 1x1 for their initial weigh-ins

Week 2

- Results will be communicated through an educational Health & Wellness newsletter

Week 3

- Employees will meet with coach 1x1 for their mid-way weigh-ins

Week 4

- Results will be communicated through an educational Health & Wellness newsletter

Week 6

- Employees will meet with coach 1x1 for their final weigh-ins.
- Wrap up meeting will be held to announce winners and award prizes.

Entry point for the Challenge

- Push Pull Training will assist you in setting a monetary entry fee for employees to participate in the challenge.
- 100% of these funds will be re-invested for awards to the winners of the challenge.
- ❖ Experience has proven that when employees pay an entry fee, they are much more likely to commit to the entire challenge from start to finish.

1x1 Weigh-Ins

- Employees will sign up to meet with a coach for a private Body Weight and Body Fat measurement. These meetings are 100% confidential.
- Body Weight will be measured on a scale
- Body Fat will be measured using Body Fat calipers.
 - We use the Jackson Pollock 3-Site Skin Fold Method
 - Employees will be provided with their Body Weight, Body Fat, Lean Mass & Fat Mass.
 - Review our FAQ regarding Body Compositions [HERE](#)
- 1x1 meetings allow time for employees to ask questions to their coach regarding any general health & wellness related topics such as meal planning advice, exercise and more!
- Employees will have unlimited email support with our coaches for all 6 weeks of the challenge!

Newsletters

- Newsletters are a great way to share educational material!
- Our newsletter will include the following topics:
 - Fitness Tip of the week
 - “Eat this not that” healthy substitutions
 - Recipe of the week
 - Upcoming activities in the local area such as 5K walk and run road races
- We will include results posted with employee’s secret identification within the newsletter on weeks 2 & 4 of the challenge.
- See a sample Newsletter [HERE](#)

Awards

- Awards will be presented for the following categories:
 - **Body Weight Loss**
 - Top 3 Male & Female
 - **Body Fat Loss**
 - Top 3 Male & Female

Cost Estimates

Base Fee

\$600

Includes:

- Intro & Awards Meetings
- 2 Newsletters
- Data Collection for Results

1X1 Weigh-Ins

\$200/ 10 Participants

Includes 3 Weigh-Ins/ person

20 participants= \$400

30 participants= \$600

40 participants= \$800

Etc.

Customized plans are always available!

Meet with us to learn more about additional services such as- Fitness Classes, "Lunch N Learn" Educational Lectures, Team Weight Loss Challenges and much more!



Contact Us

To set up a meeting and learn more about what Push Pull Training has to offer, please contact us!

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