



# JumpStart

## 2019 WEIGHT LOSS CHALLENGE Featuring Inbody 570

**Starts:** \_\_\_\_\_ and runs until \_\_\_\_\_ (30 day challenge)

The InBody body composition analysis is essential to completely understand health and weight as traditional methods of assessing health, such as BMI and the bathroom scale can be misleading. The Inbody 570 breaks down your body into key components: fat (total and visceral), lean body mass, a i gW and body water. The Inbody also estimates your basal metabolic rate based on your segmental lean body mass. What better way to motivate yourself and get back on track for 2019!

It's not just about the number on the scale!

At the end of the challenge we will assess your % fat loss and % muscle gained!

### Overview

**Who:**

**What:** WLMD InBody Challenge: Fat loss % + Muscle gain % = % Positive Progress

**Where:** \_\_\_\_\_

**When:**

**Why:** To get a Jumpstart and learn new ways of achieving long term health goals. **Registration Fee:** \$99/person -includes 2 InBody scans (before and after), nutrition tips and meal plans/recipes, daily workout challenges, food tracking and online support utilizing our Weighless MD App.

### How It Works

1. Get your body analysis completed on posted dates at posted locations
2. Receive your Welcome Kit/Guide
3. Participants may weigh in weekly and receive handouts and tips on how to succeed in long term health and wellness
4. Gain the most points by losing the most body fat% and increasing the most muscle%.

**In order to get an accurate baseline, ALL participants must get an InBody Analysis on assigned start dates, no exceptions!**

**Prizes:** First Prize \_\_\_\_\_ Second Prize \_\_\_\_\_