

New You Project 2020 Frequently Asked Questions

Q: When is the challenge?

We officially begin on January 20th and end on March 1st. You will need to attend the kick-off party for full details on Thursday, January 16th at 7:30pm.

Q: What is the registration fee?

- Non-members:
 - Unlimited: \$239
- Members: \$75

Q: Who is this challenge for?

This program is for busy folks who are tired of the way they look and feel and are tired of not getting results with their current routine. If you are nervous about starting and needing the guidance of a trainer and a program that will meet you where you are at then this program is for you!

Q: What if I haven't exercised in years and I'm out of shape?

You don't have to be in shape to get in shape! This program is for all levels of fitness as long as you aren't afraid of a little hard work. The trainers will help you pace yourself in every session and we modify exercises for all ability levels.

We do not follow the "no pain – no gain" mentality. We understand that your life does not revolve around your workouts and that some days you'll feel better than others. Our goal is not to beat you up with exercise, but to help you leave feeling better than when you came in.

Fitness is a lifestyle, not a quick fix, so working smart and making consistent progress is key to your long-term success.

Q: What type of results should I expect?

Common results during a 6-week challenge include:

- Losing 5-20lbs.
- Dropping 1-2 pant sizes
- Tighter stomach, thighs and arms
- Increased strength and moving better
- More energy all day long
- Better sleep
- Decreased pain
- Improved strength and endurance
- Looser fitting clothes
- Increased confidence
- Feeling proud because you've finally done something for yourself and your fitness

Q: Can I attend the kick-off meeting even if I haven't yet registered for the challenge?

We strongly encourage everyone considering participating in the challenge to attend the kick-off meeting! The New Year New You kick-off meeting is scheduled for Thursday, January 16th at 7:30pm at Kineafit Bootcamps. During the meeting we will discuss all the challenge details including the meal plan, take beginning measurements, weight and before photos. It's also a great time to connect with participants in the challenge. There is no obligation to join the challenge and it is also not requirement to attend the meeting.

Q: Can I weigh-in on a different day or miss a weigh-in?

The scheduled weigh-in dates are firm. We offer weekday and weekend options to try and accommodate each participant's schedule. Please note in order to be eligible to win you must complete your starting and final weigh-ins. Please note: You CANNOT weigh-in during a scheduled bootcamp. Our trainers are busy coaching sessions. You will receive an email link in order to schedule your weigh-in.

- Starting weigh-ins: *You will receive an email to schedule your weigh-in*
 - January 16th (during the kick-off meeting)
 - January 17th – 7:35-8:35pm
 - January 18th – 11:15a-12:30pm
 - January 19th – 10:15-11:30am
 - January 20th – 8:30-9:30pm
- Final weigh-ins: *You will receive an email to schedule your weigh-in*
 - February 27th – 7:35-8:35pm
 - February 28th – 7:35-8:45pm
 - February 29th – 11:15a-12:30pm
 - March 1st – 10:15-11:30am

Q: I don't have a lot of weight to lose; can I still join the challenge?

Yes! You certainly can! You don't have to have a lot of weight to lose to participate in this challenge. We all need a jumpstart and can use the support of a challenge to break through a plateau or just have the extra guidance, accountability and camaraderie at Kinetafit Bootcamps to get to your goals.

Q: What does this program include?

- Access to unlimited sessions (depending on package) to Kinetafit Bootcamps training sessions
- Success Manual
- Meal Plan
- Recipe Guide
- Weekly Grocery List
- Dining Out Guide
- Goal Setting Worksheet
- Judgment-free, supportive community with access to members only Facebook group
- Highly educated coaches who are 100% invested in your success

Q: What are the training sessions like?

Kinetafit Bootcamps group training sessions are specifically designed to increase your mobility and flexibility, increase your movement range, build strength and increase your metabolism so you continue to burn fat all day long. We design a new workout each day so you will never get bored with your training!

Each session begins with a trainer lead muscle activation warm-up to improve your flexibility, mobility and coordination.

After the warm-up, each session includes:

- Resistance training to tone your muscles and strengthen your bones to keep you active for life.
- Short burst cardio training to condition your heart and lungs and improve your endurance giving you more energy and increasing fat burning. No slow, boring cardio here!
- Core training to tighten your stomach and maintain your posture.

We conclude each session with a cool down and stretch, so you always leave feeling better than when you came. For all these movements and exercises we have modifications and progressions for all levels of fitness. You don't have to be in shape to get in shape!

Q: Is the challenge refundable?

All sales are final. No refunds will be issued.

Q: What are the requirements to be eligible to win?

To be eligible to win you must complete the pre and post weigh-ins with before and after photos, and questionnaire. Prize(s) must be collected at finale party – you must be present to win. The finale party is scheduled Thursday, March 5th at 7:30pm.

Q: What is the prize for the top transformation?

The 1st place winner (top transformation) will win a 6-day, 5-night stay in Hawaii! You must be present at the New You Project Finale party in order to win.

Q: How often will I train?

With this program, you have unlimited sessions during the 6-weeks, depending on the package you selected. Most of our clients train 3 to 5 times per week.

Q: What happens after the program?

If you find the program to be a good fit for your goals and would like to continue training with us after the 6-week challenge, we will have membership options available for you. Our most successful clients train with us year-round.

Q: This program sounds great. How do I get started?

Simply call or email. Because we are not a big corporate gym and we want to make sure each and every person who we work with gets the individual attention they need to reach his/her goals, space is limited, so register today.

Participant Signature

Date Signed