



North Canterbury  
**SPORT & RECREATION TRUST**  
*active community, healthy lifestyles*

# 8-WEEK “LIFE-CHANGER” CHALLENGE

**Kick start your 2020 health & fitness goals by joining our new ultimate health, fitness and lifestyle challenge... it's just 8 weeks but will set you on the right path for life.**

*The 8-Week “Life-Changer” Challenge has been devised by the NCSRT’s head Personal Trainer as not just a limited time fitness programme, but as the first step in your journey to making health and fitness an achievable, integral part of your lifestyle.*

*Unlike other 8-week challenges, ours allows you the flexibility to complete sessions at a time that is convenient for you each day, but also provides accountability with trainers and peers to help keep you motivated.*

**10<sup>th</sup> Feb to 5<sup>th</sup> Apr 2020**

*Limited to 50 participants across our 4 Fitness Centres*

**For more information read on, talk to Fitness Centre staff or visit...**

**START 2020 IN  
SAME WAY YOU  
WANT TO FINISH IT...  
FITTER, STRONGER,  
BETTER!**

# BENEFITS OF BEING PART OF THE 8-WEEK "LIFE-CHANGER" CHALLENGE

**Workout When You Want To** - unlike other 8-week challenges we don't expect you to have to turn up at a certain time each day to participate. At the start of each week we'll provide you with workout plans and video instructions for three sessions you can complete at a time of your choosing that week, or get together with other participants to workout as a team.

*IT TAKES  
2 WEEKS TO FEEL A  
CHANGE,  
4 WEEKS TO SEE A CHANGE &  
8 WEEKS TO CHANGE YOUR  
LIFE!*

**MyZone Fitness Belts** - all participants will

get the use of a MyZone heart rate belt for FREE during the Challenge (if they don't already have one), with the option to purchase at a discounted price. These are a great way to monitor the intensity of your workouts, create team or individual points challenges, provide accountability, and keep you motivated. Note: MyZone requires linking with an App on your smartphone - we will help you set this up.

**Meal Advice & Healthy Recipes** - our trainers will share all sorts of useful health and fitness information with you via the private Facebook group or elsewhere. This could include meal advice, healthy recipes, stretching guides, tips and tricks, recommendations and much more.

**Support Network Online and in Person** - using the Challenge's private Facebook group participants will be able to share experiences, provide feedback, arrange workout sessions with others and communicate with trainers. If you're not using FB we can still provide much of this support through other methods or direct communication with a Trainer at your Fitness Centre.

**Discounts on Personal Training** - during the Challenge participants can book sessions with a PT for just \$20 per half hour.

**Body Audit Scans** - see what changes your body makes over the 8 weeks with a Body Composition Analysis scan at the start and again at the end. These will be completed on evenings during weeks 2 (17-20th Feb) and 8 (6-9th Apr) of the challenge. Exact days and times for each Fitness Centre TBC.

**Prizes, incentives & MORE!** - just seeing the health and fitness improvements you'll experience in 8 weeks is probably incentive enough, but we'll add to this by offering a range of prizes and other motivating incentives through the course of the Challenge.

# HOW THE 8-WEEK “LIFE-CHANGER” CHALLENGE WORKS

## Workout Sessions Each Week...

**3 x PT-Led Weight Training Circuits:** On Monday each week our Trainers will provide participants with three weight training circuits they must complete in their own time during the week. Typically you'd do these on alternating days (eg: Mon, Wed, Fri) to ensure sufficient recovery time, but this can be scheduled to fit with your lifestyle. These sessions are best undertaken at your Fitness Centre and can be scaled to suit your particular level of strength or fitness.

**Alternate Day Cardio:** On days when you are not doing your weights session participants complete their own cardio workouts inside or outside the gym (this could include playing team sport, running etc).

**Weekend Options:** Participants are expected to complete some sort of light movement routine of their own choice (eg: yoga, walk, bike, swim etc). Organisers will offer weekend group activities open to Challenge participants from ALL Fitness Centres, and maybe even family members. See back page for options.

**Accountability:** Participants will be expected to provide proof they have completed each training session. This can easily be done via the MyZone App or a photo/video posted on the Facebook group page.

## Communication...

To get the full benefit of the Challenge we recommend participants have a Facebook profile so they can be added to a private FB group. We'll share all the workouts and other information with you on this group page, and you'll be able to post your workouts, comments and feedback here too.

If you are not on Facebook, no problems, we can provide the workouts and other information in an alternative format of your choosing. However you will miss out on some of the networking and motivational communication being part of the Facebook group will provide.

## Challenge Points & Prizes...

Participants gain points by completing each official workout as well as their own personal cardio sessions. Additional points will be available for other achievements completed through the Challenge, eg: attending a group weekend activity, bringing a friend to weekend events etc.

Spot prizes will be given during the Challenge along with prizes at the end based on points achieved through the whole 8 weeks.

# WHAT DOES IT COST TO BE PART OF THE 8-WEEK “LIFE-CHANGER” CHALLENGE?

## ***Fitness Centre Members...***

**\$30/ week**

**or**

**\$240 one-off payment**

*(this is in addition to your normal membership)*

*Includes \$40 for 2 x Body Audit Scans*

## ***Non-Members...***

***Special 8-Week Membership Offer***

***+ Life-Changer Challenge***

**\$42.50/ week**

**or**

**\$340 one-off payment**

*(This price includes full-access gym membership for duration of challenge)*

It's always more rewarding working out with a friend, so to that end we're offering a special 8-week full-access membership for just \$12.50 per week or \$100.

This offer is available for anyone not currently a member of one of our fitness Centres who signs up to take part in the Challenge\*.

*\*Normal Fitness Centre Terms & Conditions apply*

## ***Weekend Group Activities Open to all Challenge Participants...***

*Each activity will be organised and led by a staff member or trainer from one of our Fitness Centres. Most will be completed in the morning to minimise impact on weekend plans. More information will be provided closer to the time for each activity.*

- 15 Feb – Mt Grey climb (FF) *(postponement date 16th Feb)*
- 22 or 23 Feb – Beach session at Pegasus Beach *(morning session)*
- 1 Mar – Rakahuri Ramble Fun Run/Walk/Bike (FF) *Additional cost to enter*
- 8 Mar – Rakahuri Rage 6 hour Mountainbike Race (FF) *Free but team entry required*
- 14 Mar – Stair Climbing Session
- 21 Mar – Mt Richardson climb (FF) *(postponement date 22nd Mar)*
- 28 & 29 Mar – RPM Session at Rangiora Fitness Centre *(1 session on each day)*
- 5 Apr – Park session + games + prize giving (FF)

*FF = Family Friendly. You can bring friends or family members to take part*

*The “Life-Changer” Challenge is open to members from any of the NCSRT’s four Fitness Centres...*

