



## !IMPACT Training Presents ...

# WEIGHT-WELLNESS PROGRAM

This is a 16-Week Nutritional Program to help our clients reach their goals. And there are **PRIZES** involved too -- 3-Pack of 30-Minute Personal Training Sessions AND a month of Unlimited Training for the first-place male and first-place female winners who lose the highest percentage of body weight during 16 weeks! Here is what you will get with this program:

- **Getting Started:** At the start of the program, we will record your starting weight as well as your basic measurements (set up your appointment with a trainer on either January 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup>). And we will set up your file.
- **Accountability:** Weekly weigh-ins
- **Recipe Shares:** This will give you healthy (and new) ideas from week to week to prevent boredom – along with helpful info about the macronutrients.
- **Tracking:** You will also be responsible for tracking your calories and macronutrients using the My Fitness Pal app on your phone. We will help you to outline/adjust the correct percentages of macronutrients and calories (based on your goals) and we will update the app to reflect your customized program.
- **Private Facebook Page:** This page will be called Impact Training's Weight-Wellness Program. It will be a secret/private page so only those in the group will see it – it will not appear on your Facebook wall/page.
- **Weekly Topics & Motivational Emails:** We will be sending emails that cover all different topics . . . everything from weight-loss, training, nutrition, mindset, general fitness tips, overall wellness and more!
- **Weekly Meetings:** We are also adding weekly meetings (30 minutes) as a bonus for those who can make it. You will have the opportunity to weigh-in if you didn't get a chance during the week, and we will cover a variety of fitness and weight-loss topics during our discussions. This will be just another layer of support. These meetings will be held on Wednesday evenings at 7:30 p.m. sharp (but they are not mandatory). *Schedule changes may be announced as needed*
- **Support Group & Meet-Ups:** This Weight-Wellness group will not only act as an additional layer of support, but we will also have opportunity to schedule "Meet-Ups" . . . Activities like bundling up to go for a power-walk or run on the weekend. And with the use of the private Facebook page, we will announce these "meet-ups" for those who are available.
- **Cost:** The cost for this program is \$10 per week (\$40 will be charged at the beginning of January – then again in February, March and April), and **you do not need to be an IMPACT Training client to take advantage of this new service.** All members of the community are welcome. This 16-week program will lead you to the end of April so you will be looking and feeling your best for the spring and summer.



**Remember, summer bodies are made in the winter!**

**See Hillarie or Michael to sign up for this program and to schedule your first weigh-in in January.**

**Questions, text or call Hillarie 908-403-7620**

**[www.ImpactTraining-Jersey.com](http://www.ImpactTraining-Jersey.com)**