

8 Week Challenge

For the past 3 years,

BeFitLifestyle Challenged YOU to Shape up for Summer!
And you DID!

THIS YEAR...

**WE CHALLENGE YOU
TO FEEL GOOD!**

(and you will!)

Our 8-week Challenge will not only *motivate* you to make lifestyle changes, but more importantly, it will *educate* you on what it takes to define your personal "BeFitLifestyle". At BeFit, we break down the **how** and **why** of a healthy lifestyle as we teach you to appreciate and incorporate the three major components of health: **cardio, strength and nutrition.**

If you've always wanted to make a lasting lifestyle change, do it right in just 8-weeks with BeFitLifestyle's fitness and nutrition professionals... **your results will last a lifetime!**

**4th Annual 8 week Challenge
KICK-OFF EVENT
Sunday, March 16th
\$75 commitment fee**

Are YOU up for the CHALLENGE?

***FREE* INFO SESSION
Monday, March 10th at 7pm
BeFitLifestyle Studio
1111 Ft Stockton Dr. Suite E
619-491-0139 / ContactUs@BeFitLifestyle.com**

"A Healthy Approach to the Everyday way of Life!"

TOP FIVE FINISHERS IN 2007

- 1st: Kim Smith**
2nd: Paula Sylvia
3rd: Abby Sthrestha
4th: Beverly Hudson
5th: Dolvina Buchanan

"I've been a BeFitLifestyle member for several years and finally decided to step things up a notch and enroll in the 8 week challenge. Because of my previous successes within BeFit, I introduced the 8 week challenge to a few of my friends who agreed to join the effort. Through the guidance of BeFit and the motivation of the 8 wk challenge, my friends and I all saw positive results!!



I think the "winning factor" was maintaining my normal workout routine for the full 8 weeks (that's right, no cheating!) I followed my BeFit recommended nutrition and exercise regimen, which is based on my personal New Leaf metabolic assessments. I did Cardio training in my "New Leaf Training Zone" 5 days a week, weight training with Karyn 1 day a week AND combined all of that with a calorie controlled, balanced diet of proteins, carbohydrates and healthy fats).

Kim Smith

It really works! My friends Paula and Dolvina, also finishing in the top 5, saw with their own eyes how staying within your "training zone" really DOES maximize your weight loss potential! In fact, I observed several 8 week participants successes and was surprised to learn I was the winner. While I am truly excited to be named the winner of the challenge, I believe in truth, we are all winners. My friends and I continue to challenge each other and hope the motivation to change continues to inspire us to live healthier lifestyles. Long live the 8 week challenge. . . WHO'S IN FOR THE NEXT ONE????!!!!

Thank you Rhonda and Karyn for the guidance to make it through the challenge!"

TOP FINISHERS IN 2006

"When I started this challenge 8 weeks ago, I knew it would be just that, A CHALLENGE. As the owner and general manager of a



Mexican taqueria, I knew I had what some would consider insurmountable odds against me. But as committed as I am to success in my business I was prepared to commitment to my health and new lifestyle. With the help and support of my family, co-workers and even customers, I was able to learn new ways of thinking about food and alternate ways of enjoying physical activity. At this point, I can honestly say my health is at a highpoint. I am as impressed with the change in my body as I am in my mental attitude. I appreciate the guidance I have been given from others (thank you Rhonda and Karyn), and the drive and determination I have given to myself. Thank you BeFit Lifestyle for this wonderful opportunity to transform my life."

Cesar Gonzales
LOST: 24.6 lbs and 2% bodyfat

"Having long been somewhat ambivalent toward diet and exercise, I had no idea what to expect from the 8 Week Challenge. Now that it's over, I would say the prevailing theme of my experience was "surprise." Keeping track of my nutrition really opened my eyes to how unbalanced my pre-8 Week Challenge diet was. I discovered that almost everything (even milk!) has some carbohydrates; I



didn't need to eat so much bread and cereal to satisfy carb requirements. I was also surprised at how enjoyable exercise became after a couple weeks of doing it regularly. And the combination of nutrition and exercise has made my body feel so good, so healthy, that it doesn't feel like such a sacrifice to skip the bacon, hold the mayo, or have only one bite of dessert. My biggest surprise of all was a deeply-hidden store of self-discipline I didn't know I had. I fell off the wagon a couple times (what mortal can resist Girl Scout cookies?), but managed to brush it off and move forward. Now 8 Week Challenge has gone from a temporary experiment to a permanent lifestyle change. I couldn't be happier with the results!"

Michelle Fradkin
LOST: 12.8 lbs and 5% bodyfat

TOP FINISHERS IN 2005

Beverly

"I can't believe the inches I lost!"

Lost 9 lbs and 4.5% body fat

19.25 inches lost in only 8 weeks!

Deborah

"I am most proud of the commitment I made to the 8 week challenge."

Lost 5.25 inches and 7% body fat

Carla

"I didn't eat sweets for 8 weeks and I definitely got stronger!!"

Lost 8.25 inches and 3 lbs of fat

Ken

"I lost the most inches exactly where I wanted to lose...in my belly!!"

Lost 9.5 inches and 8 lbs of fat

Pat

"Most proud of beginning to change how I eat and think about food!!"

Lost 10.25 inches and 6% body fat

Alexa

"I am glad to have finally gotten into aerobic exercise again!"

Lost 12.25 inches and 7 lbs of fat