

GreatFIT FAQ

GreatFIT Challenge

6 week Challenge beginning Thursday, Sept 28th

Cost: Current GL members= \$99 + tax (\$250 value)

Non-Members= \$129 + tax

*If a business gets 6 team members to participate Member cost = \$89 and Non-Member = \$99

*Questions to Jeremy, Cathy, Mal or Austin at GL 39th & Phillips (605)271-3232.

What is the GreatFIT Challenge?

Similar to The Biggest Loser TV show, it is a 6 week fitness challenge with a special focus on weight loss to help people get into an exercise routine and learn how to sustain a healthy lifestyle long-term. This is a great program for people who aren't comfortable coming into a fitness center and don't know where to start. There is a lot of interaction with fellow team members and their coach.

What locations will have teams?

This depends on number of participants at each location. Team size is ideally 10-12 people with maximum number of approximately 15. In the past, there have been teams at Woodlake, 39th & Phillips, Performance Center, Willow Run, 26th and Marion, Embe, 41st & Sertoma, and Central Valley. There is a travelling trophy for the winning team.

What comes with the program?

There are weekly PRIVATE weigh ins with your coach, a weekly team group workout led by your coach, a physical and nutritional challenge completed daily that changes every week, nutritional coaching, and exercise information.

What are the physical and nutritional challenges like?

There are new physical and nutritional challenges every week and each challenge is performed daily. Some past examples of nutritional challenges are: no fast food and drink at least 64 oz of water per day. Some past physical challenges include: perform 30 minutes of cardio per day.

Is personal training included?

One-on-one training is not included with the price but is available to members throughout the program if they wish to have sessions in addition to their Last Chance workout with their coach. Group training is also an affordable way to get training time with your coach and possibly teammates.

Do you have to be a GreatLIFE member to participate?

You do not have to be a GreatLIFE member to participate in the challenge. The \$129 cost will give them access to any GreatLIFE location and free classes with 24-hr access for the 6 weeks of the program.

What if I know I will be out of town during the program?

If you know you are going to be gone, even for an extended period of time, don't let that stop you from signing up, we have workouts that you can do in a hotel room without any equipment to keep you on track.

What if I don't have a lot of weight to lose/what if weight loss isn't my main goal?

All results are calculated based on percentage so that people with more weight to lose aren't at an advantage. If your goal is not to lose weight but just to have some accountability or get into a routine you also get credit for completing the nutritional and physical challenges. That means that you don't have to lose weight to contribute to the overall results.

What if I have never exercised/haven't exercised in years/haven't ever been a member of a gym?

The GreatFIT challenge is a great place to start no matter your fitness level. Your coach and other fitness staff will be able to help you with any question or concern you might have. This program can be a great starting place to a healthier you.