

Manta Ray Fitness “New Year, New You” 2017

The Manta Ray Fitness New Year Transformation Program is a 4 week program that starts on Monday February 6th. We will focus on clean eating and the Paleo diet in order to see progress in the following areas:

- Weight Loss
- Toning
- Increased Muscle
- Cardio Efficiency
- Healthier Diet
- Lifestyle Change

What You Get:

Four Weeks of Manta Ray Fitness Classes

- For current members, you already have access to classes and this challenge is free! If you'd like to have a friend/family member participate in the challenge, it is only \$99. That includes a month's worth of Fitness classes (Starting February 6th) and being 100% involved in every aspect of the New Year New You Challenge.

Nutritional Advice

- Manta Ray Fitness Coach and Nutritionist, Stephanie, will host a Nutrition class on each Saturday during the challenge to provide nutritional advice and guidance. She will also be a resource to answer questions as you go through the challenge

Before and After Measurements

- We use these to track progress and results.

Team and Coach Assignment

- Your coaches will assign you to a team with others who are in the program as well and have similar goals. Your coach and team will be your support group for the program and will communicate with you through weekly E-mails, and our New You FB Page.

How to Earn Points

- You will earn points on a daily basis through eating the right foods, working out, getting enough sleep, and drinking enough water. We will provide you with an excel score sheet that makes it easy to track these points. We will take beginning and ending measurements, and perform a baseline workout before and after the challenge to track progress.

How Does It Work?

For best results, participants will commit to the following for four weeks:

- Eat a clean diet (non-inflammatory whole foods with balanced protein, fats, and carbs)
- Join a team, set goals, support your teammates
- Participate in an initial fitness test and re-test at the end of 4 weeks
- Workout 3-5 times per week
- Reduce soda, alcohol, processed foods, grains, and other inflammatory foods
- Get adequate sleep

Why do it?

Participate for 4 weeks, and we are confident you'll see one or more of the following benefits:

- Improved Fitness
- Increased Muscle Tone
- Lower Body Fat
- Enhanced Emotional Well-Being
- Reduced Inflammation (Better digestion, clearer skin, lessened allergies, etc...)

Prizes:

We will award prizes to the team with the highest point average at the end, and the individual with the most total points!

What Does This Cost?

Again, this challenge is FREE for members! For a non-member, this will cost you \$99 for the entire four weeks. If you have a friend or family member interested, make sure to have them join us! We will only accept a certain number of outside members for the challenge, so talk to your coaches ASAP! That \$25 a week can change their life forever! It can cost several hundred dollars to hire a personal trainer and dietitian. Instead, our program is \$99 and they will have the support of you, your coach and teammates alike!

How Do You Get Started?

Once you decide to participate in the challenge, you will need to sign up under the SEMINARS tab on MindBody. There will be an orientation on Saturday February 4th where we will take our initial measurements, go over the rules of the challenge, and answer any questions you may have. After that, we attack the challenge the following Monday and take our first steps towards forming a "New You!"

