

CHALLENGE DETAILS

There will be nine health and fitness categories each week worth a maximum of one point per category or 9 points per team per week.

- 1st Place Points: \$500 per team
- 2nd Place Points: \$250 per team
- 3rd Place Points: \$100 per team
- 4th Place Points: \$50 LAC Gift Cards (2 Awarded)
- 5th Place Points: \$25 LAC Gift Cards (2 Awarded)

REVUP BODY COMP-ETITION

For an additional \$20 fee, participants may also enroll in the **REVUP Body Comp-etition** with before and after assessments. Participants will have weight and body composition measured at the beginning and end of the competition. Prizes will be given to the three individuals with the most improved combined percentage change in weight and body composition. All participants with improved measurement scores will receive a LAC guest pass.

Pre-Assessments: Saturday, 1/5 – Thursday, 1/10*

Post-Assessments: Monday, 2/18 – Saturday, 2/23*

* If the available assessment times do not work, a private assessment may be scheduled for \$20

BODY COMP-ETITION PRIZES

- 1st Place: \$150 LAC Gift Card
- 2nd Place: \$100 LAC Gift Card
- 3rd Place: \$50 LAC Gift Card

GOALS

Examples of nutrition and wellness goals include:

- “Complete at least 30 minutes of cardiovascular activity four or more days this week”
- “Attend at least one class on the Group Fitness Schedule or CFX Schedule this week”
- “Consume at least 5 servings of fruits and vegetables on four or more days this week”



ChallengeRunner App



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JOIN THE CHALLENGE!

HIGHLIGHTS

- Entry Fee: \$35
- Six Week Program **NEW**
January 6th- February 16th
- Teams of Two
- ChallengeRunner App **NEW**
- Winners Based on Points Earned **NEW**
- \$500 Grand Prize
- Optional Body Comp-etition

REGISTRATION

Opens Monday, December 3rd
Closes Saturday, January 5th

REVUP 2019

RECOVERY w EXERCISE w VARIETY w UNLIMITED POSSIBILITIES

WHAT IS REV UP 2019?

Recovery-Exercise-Variety~Unlimited Possibilities is a six-week challenge for teams of two, designed for motivating and encouraging members to focus on the process of incorporating a complete health and fitness program into their lives. By utilizing a team-based competition and weekly, short-term goals, **REVUP** makes adopting healthy habits easy and fun.

This year, participants will utilize the **ChallengeRunner** (*available for Android and iOS*) online wellness platform for tracking health and fitness goals during the competition. Participants are given weekly health and fitness goals that are easier to achieve at the beginning of the competition and become progressively more challenging in future weeks as participants build on previous success. Completing goals earns points that are totaled throughout the challenge. The team with the highest point total at the end of **REVUP** will win the grand prize of \$500!

CHALLENGE DETAILS

Teams of two may be member-created, or participants without a partner will be paired based on similar exercise schedules.

REVUP 2019 runs from January 6th - February 16th

All Liberty members ages 15 and up may participate. Entry will be limited to 150 participants.

Entry Fee: \$35 per person

REVUP 2019 Starts January 6th!

Participants may also enroll in the **REVUP Body Competition** with before and after assessments to compete for an additional chance at winning a \$150 Liberty Athletic gift card (*additional \$20 fee*).

HOW DO I REGISTER?

Register for the **REVUP 2019** challenge through the Concierge or Front Desk.

If you would like more information, please contact R.J. Meske, Director of Fitness & Wellness.

Phone: 734.665.3738 ext. 129

Email: rj.meske@libertyathletic.net

WHAT DO I GET FOR MY \$35 REGISTRATION FEE?

DISCOUNTS

Over \$50 in potential savings through these discounts:

- One 20% discount coupon that may be applied to personal training, nutritional coaching, Pilates training and semi-private training (*CFX not included*)
- One 20% Discount for any CFX monthly package (*may only be applied to January or February, 2019*)
- One 20% Discount for a 60 or 90 Minute Massage

WEEKLY OPPORTUNITY TO WIN GUEST PASSES

(based on earning a minimum number of points each week)

- Guest Pass Value up to \$18 Each

GRAND PRIZES

- 1st Place: \$500 per team
- 2nd Place: \$250 per team
- 3rd Place: \$100 per team
- 4th Place: \$50 LAC Gift Cards (2 Awarded)
- 5th Place: \$25 LAC Gift Cards (2 Awarded)

SCORING

Each week partners will earn points for achieving various health and fitness goals. Team points are averaged per activity or goal and then added toward a team's total score. For example, if both partner A and B complete the week's cardiovascular goal, they will earn 1 point, if only one of the team members achieve the week's cardiovascular goal, the team will earn .5 points.

TEAM DYNAMICS

Teams of two can be member-created and may contain one Liberty employee.

Scoring is directly related to the participation of all team members. Team members are not able to "make up" for other team members.

