

NEXT LEVEL

2017 12-WEEK BODY CHALLENGE

CONTEST OVERVIEW

Who Can Enter?

The "Next Level" contest is open to males and females, ages 18 and up. Membership at King's Fitness is required.

Entry Fee: \$25

Prizes: Actual cash payout will be determined by the number of entrants.

1st place male and female winners will each receive 50% of the total cash collected (for example, if \$1,000 is collected, 1st place male and female will receive \$500 each). 1st place winners will also receive 6-months FREE gym membership.

How Can I Win? Although the contest is about encouraging our members to reach their health and fitness goals, the incentive to win can help motivate you to transform your body. So, if you want to win, here are some tips:

1. Be honorable. This includes working hard, asking for help and not taking short-cuts. If you are suspected in any way of trying to cheat, you will immediately be disqualified.
2. Consider working out with a buddy or hire a personal trainer for the best results.
3. Eat right! Nutrition is one of the most important factors. If you need help with a meal plan, ask us!

4. It's not just about weight loss! We take into account measurements and total body transformation.
5. Write a good essay. We want to know how the contest changed your life and how you accomplished your goals!

Before & After Photos

First and foremost, your privacy is important to us. To properly judge the final results we'll need to take before and after photos (along with measurements). We will not use any of your photos without your permission.

Personal Training

We are offering special PT packages for contest entrants. Please ask for details.

Not a Member?

You can still enter the contest. We have special membership pricing that will take you through the competition. Ask today for pricing!

IMPORTANT DATES

Official Start Date: January 16th

Sign-Ups/Weigh-Ins/"Before" Photos: January 12-13

Official End Date: April 10th

Final Weigh-In/"After" Photos/Essay Due: April 13-14