

EvoFit Newsletter

SPRING 2016



New Year New You
BODY TRANSFORMATION CHALLENGE

And the **WINNERS** are...

Team KAL – Kristin, Allen & Leah!

Our most popular challenge has returned for 2016. Each year we run a team NewYear NewYou Body Transformation Challenge to start the year off strong! Teams compete to see who can have the highest percent change of body fat lost in six weeks. We have found that having a team behind you helps support and motivate you to reach your goals! Our challengers commit to following a specific nutrition and fitness plan that gets RESULTS!

We are all about change here at Evolution Fitness and this challenge is no exception. This year the nutrition plan went through a complete overhaul with the addition of our holistic nutritionist, Vito, to Team EvoFit. In years past, everyone was given nutritional guidelines but this year each challenger received a Bio-Specific Nutritional Plan based on their individual needs and lifestyle. Also new this year, we assigned each fitness coach a team and designated them as team captain to help motivate and inspire their team to greatness!

Twenty-one challengers set out on our six week body transformation journey for 2016 and while only one team can win the grand prize, every one walks away a winner! Our newest fitness coach, Jason, coached his team to victory!!! Our Champions, Team KAL - Kristin, Leah and Allen had a decrease of 17.9% change in their body fat mass! AWESOME RESULTS!! They are committed to keeping this plan going. This wasn't just a 6 week challenge for them - this was a lifestyle change! Each member of Team KAL won a gift basket worth over \$600!! Each Basket contained cash, account credit, Vito's GoSHAKE, extra Semi-Private Sessions, an ATC Service, the BRAND new EvoFit Glass Water Bottle and more! We cannot wait to see the transformations that will keep happening over the next few months as all of the challengers continue on this new life path.

