



2021 Kickstart

NJ HIIT InBody Challenge

The NJ HIIT InBody challenge is a health transformation contest to get you on the right track to a healthier, happier life this new year. The goal of this competition is to reward individuals who improve their overall body composition by increasing lean body mass (LBM) and/or losing fat mass (FM).



Event Information (The Rundown)

- This event will run from Monday, January 11th 2021 until Friday, February 26th 2021.
- It will begin with an initial Inbody weigh-in to determine beginning muscle lbs, fat lbs and body fat percentages of all participants.
- Participants will then be added to a Whats App accountability chat group.
- Participants are encouraged to attend the initial orientation on Saturday, January 9th via ZOOM at 11:30am where NJ HIIT coaches will discuss the details of the contest, fitness strategies, nutrition advice and accountability goals.
- Regular check-ins will be constant throughout the event between coaches and participants.
- All participants will weigh-out on February 26th 2021. No InBody tests will be performed between the initial weigh-in and weigh-out.
- Winners are determined by who can improve OVERALL body composition, meaning increase in muscle mass and loss of body fat. In other words, you will not win simply by “losing weight”. (See below for detailed information).

ORIENTATION

Saturday, January 9th 2021 via ZOOM at 11:30am.

INITIAL WEIGH-IN DATE:

Friday, January 8th 2021 between 6am-7pm or
Saturday, January 9th 2021 between 7am-11am
By appointment

FINAL WEIGH-OUT DATE:

Friday, February 26th 2021 from 6am-8pm by appt.

REGISTRATION FEE:

NJ HIIT Members: \$99

Non-Members: \$299 (includes unlimited facility access for the duration of the challenge)

Prizes (For both male and female challengers):*FIRST PLACE PRIZE:**

Improved health and body composition plus \$200 Cash

SECOND PLACE PRIZE:

Improved health and body composition plus \$50 Cash

THIRD PLACE PRIZE:

Improved health and body composition plus one month pass to person of choice (not self).

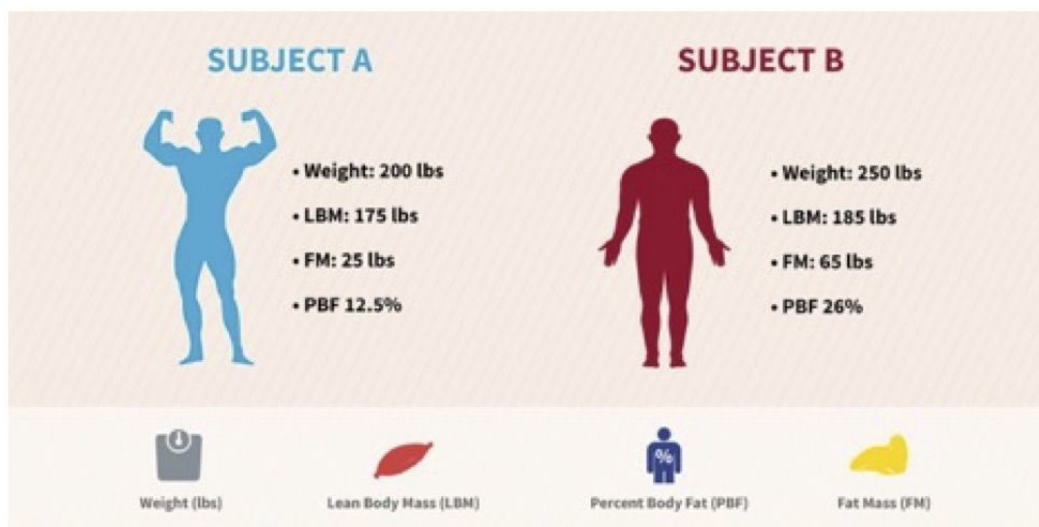
MyZone booster- If you own a MyZone activity belt, you will earn 1 raffle ticket for every 500 MEPS (MyZone Effort Points) earned during the challenge! At the end of the challenge we will be raffle off a must have prize!

What is the InBody Challenge?

The InBody Challenge scoring system is designed to provide participants with an easy way of tracking changes in body composition over time and reward them for making positive changes.

Rather than focusing solely on weight loss, the goal of this competition system is to reward individuals who improve the overall body composition by increasing their muscle mass and losing overall fat mass. The scoring system is devised to make the competition fair to all participants. By judging the amount of change in (lean or fat) in comparison to their starting level, this will allow all participants to be judged in a consistently. It also allows people with drastically different body compositions to participate and compete against each other in the same competition.

To illustrate this, take a look at the two example subjects below. Subject A represents a lean, athletic body type whereas Subject B represents a heavysset, sedentary adult male.



Because Subject B has more starting Fat Mass (FM) than Subject A, it may be much easier for Subject B to lose bodyweight, which would put Subject A at a distinct disadvantage in a more straightforward weight loss competition.

To compensate for any starting advantages, the InBody Challenge will choose a winner based on how significant the changes in body composition are for **that specific individual** and NOT take into account pure weight loss. For example, if both Subjects A and B were to lose 10 pounds of body fat, they would effectively be tied in terms of pounds of weight loss. However, by taking into account the percentage of change relative to their starting point, Subject A made a much more significant change in his body composition. See below:

<p>SUBJECT A 40% change in a positive direction</p>	$\frac{\text{FM}_{\text{BEGINNING}} - \text{FM}_{\text{END}}}{\text{FM}_{\text{BEGINNING}}} = \frac{25-15}{25} = +0.40$
<p>SUBJECT B 15.4% change in a positive direction</p>	$\frac{\text{FM}_{\text{BEGINNING}} - \text{FM}_{\text{END}}}{\text{FM}_{\text{BEGINNING}}} = \frac{65-55}{65} = +0.154$

Subject A will be rewarded for creating a greater change in body fat (40% vs. 15.4%) even though the total loss in body fat was the same for both.

However, weight loss is affected by changes in both body fat and Lean Body Mass/muscle. How do changes in muscle affect the result of the competition?

Let's assume Subject A focused on building muscle and gain 5lbs of LBM (Lean Body Mass), while Subject B's priority was losing as much bodyweight as possible and unintentionally lost 5lbs pounds of LBM:

Because Subject A gained 5lbs of LBM (positive change), this would offset the 10 pounds of fat loss for an overall **net weight loss of 5**

<p>SUBJECT A 2.9% change in a positive direction</p>	$\frac{\text{LBM}_{\text{END}} - \text{LBM}_{\text{BEGINNING}}}{\text{LBM}_{\text{BEGINNING}}} = \frac{180-175}{175} = +0.029$
<p>SUBJECT B 2.7% change in a negative direction</p>	$\frac{\text{LBM}_{\text{END}} - \text{LBM}_{\text{BEGINNING}}}{\text{LBM}_{\text{BEGINNING}}} = \frac{180-185}{185} = -0.027$

pounds. On the other hand, Subject B lost 5 pounds of LBM (negative change), adding to the 10 pounds of fat loss for a **net weight loss of 15 pounds**. To determine the winner, the InBody software provided to NJ HIIT will add the percentage of LBM change with the percentage of Fat Mass change to determine overall direction and amount of overall net change:

<p>SUBJECT A</p>	<p>= +40.0%FM + 2.9% LBM = +42.9% change</p>
<p>SUBJECT B</p>	<p>= +15.4%FM - 2.7% LBM = +12.7% change</p>

Despite only losing 5 pounds of body weight vs. Subject B's 15 pounds of weight loss, Subject A would still win by a wide margin for showing the most positive change in overall body composition. The actual amount of change in overall weight is not important. What is important is the amount of change in body composition relative to an individual's starting point.

Rules of the Competition

For the most accurate test results, please follow the guidelines below. If the following guidelines cannot be met, test results may be skewed.

Caution: Do not test if you are pregnant, or have medical implants such as pacemakers or other life-sustaining medical implants.

The InBody unit uses safe, low-level electrical currents and will not harm you during your InBody test. However, to ensure your safety and comfort, please avoid taking the InBody Test if you meet these criteria.

WHAT TO WEAR: Your bare hands and feet need to touch the end by the InBody unit's electrodes, and your weight needs to be accurately measured to ensure accurate results. Please avoid wearing stockings, lotion, heavy articles of clothing, and metal accessories.

PREPARE FOR TESTING:

Drink plenty of water the day before testing.

Stand upright for at least 5 minutes before testing.

Use the bathroom before testing.

Warm yourself up for 20 minutes if you are testing in cold weather.

Remove all metal objects (jewelry, watches, belts, etc.), socks, pantyhose, shoes, and heavy articles of clothing

Avoid eating or exercising for at least 3 hours prior

- Do not consume alcohol or caffeine for at least 24 hours
- Avoid the use of a sauna
- Do not apply lotion/ointment on your hands and feet.

The entry fee for the InBody challenge is \$99 for NJ HIIT members and \$299 for non-members (including 30-day access to NJ HIIT).

NJ HIIT will provide the prizes listed below:

- 1 1st Place:** \$200 CASH
- 1 2nd Place:** \$50 CASH
- 1 3rd Place:** 1 Month Membership for friend or family.

(Keep in mind the best prize for all challengers is improved health and body composition which leads to happier and longer lives!)

NJ HIIT will notify the winner at the end of the final weigh-in date via the contact information provided at the registration and will announce the winner publicly on Facebook, E-mail and Social Media the following day.

IF THERE IS A TIE FOR FIRST PLACE, THE WINNERS WILL SPLIT THE POT EVENLY. TO ENTER: YOU MUST SIGN UP WITH NJ HIIT AND WEIGH-IN/TEST ON THE INBODY 270 LOCATED AT NJ HIIT ON THE DATES MENTIONED. YOU WILL BE GIVEN A COPY OF YOUR RESULTS SHEET AND NJ HIIT WILL KEEP THE ORIGINAL. YOUR \$99 ENTRY FEE MUST BE PAID AT THE TIME OF WEIGH IN TO THE DESIGNATED NJ HIIT TEAM MEMBER. THERE WILL BE NO EXCEPTIONS MADE FOR THE WEIGH-IN DATE.

The formulas used for the InBody Challenge will be determined by using the Lean-to-Fat Ratio:

1. $(\text{LBM beginning} - \text{LBM End}) / \text{Beginning LBM}$
2. $(\text{Fat End} - \text{Fat Beginning}) / \text{Beginning Fat}$

The initial weigh-in height and final weigh-out height must be the same. By joining this challenge, you agree to compete and be judged by the Lean to Fat Ratio, despite your opinions regarding the fairness of the test of any participants' gender, age, body type or physical condition.

The purpose of this event is to encourage participants to maintain good mental and physical health- it is NOT a gambling event. By voluntarily signing up for the NJ HIIT InBody Challenge, you certify that you are physically fit and have not been advised against participating by a qualified medical professional.

If you follow our guidance and do your best during the challenge in terms of exercise, nutrition and recovery, we guarantee you the best results possible. We are here to guide you, however, the work has to be put in by you on a daily basis. Are you ready for a change?