

SAC Biggest Loser Competition

October 4th - November 14th

Sponsored by Camp Gladiator

Not affiliated with the Hit TV show.

Competition Details

- ▶ 4 teams Blue, Orange, Black, Red.
- ▶ Teams will be randomly selected. You will be notified by Oct. 1st which team you will be on.
- ▶ Every team member will weigh in each week.
- ▶ Each week, the two teams with the lowest weight loss will lose the two team members who have the lowest weight loss. 4 people will be eliminated each week.
- ▶ Weight loss will be measured in pounds and not percentages.
- ▶ Every week participants will email Alicia Gill a picture of the scale with their weight on it. Only Pounds lost will be announced.
- ▶ Those who have been removed each week will still get to participate in the challenge, but their weight will not count towards the team's weekly weight loss.
- ▶ By week five those remaining will get a chance to win the SAC Biggest Loser Trophy.

What is Provided for this Competition

- ▶ Each participant will receive a t-shirt in their team.
- ▶ A free membership with Camp Gladiator for the duration of the competition. (It is not required for you to work out at a CG Camp but recommended as you will get time with your trainer. Most camps are small and they have a variety locations and times.)
- ▶ A personal trainer will be there to help each participant modify their team's eating and training routine.
- ▶ A nutrition class before the before the competition begins.
- ▶ Help with meal planning and setting caloric goals.
- ▶ The Winner will receive a trophy.

What the Trainers will do

- ▶ Each Trainer will have multiple CG camps for participants to attend.
- ▶ Help monitor participants' nutrition through the myfitnesspal app.
- ▶ Provide tips and swaps for meals and workouts to help them reach maximum burn.
- ▶ Modify workouts for each participants fitness level.
- ▶ Provide recipes.
- ▶ Be a general wealth of knowledge and support for each participant.

Meet The Trainers

Team Blue -Barb Marco

- registered nurse for 30 years
- personal trainer for 20 years
- group fitness instructor
- nutrition coach
- holistic health coach



Meet the Trainers

Team Orange- Wendy Shumate

- Camp Gladiator Franchise Owner, Area Director
- Trainer NASM Certified Personal Trainer & Nutritionist



Meet the Trainer

Team Red- Tiffany Dorsey

I'm a personal trainer with Camp Gladiator for 3 years now, but was a camper for a year before I became a trainer. My back story started about 6 years ago after being a year sober I decided to change my outsides to match my insides. I was 230 pounds and started my fitness journey and after about a year and half of short workouts at home and losing about 60 pounds, I tried CG and changed my world. I'm now 100 pounds less and CG changed everything I ever thought about fitness! I love getting to impact and show people that working out can be fun and become addicting!



Meet the Trainers

Team Black- Meagan Ranft

- CG Trainer for 5 years and Area Director
- Bachelors in Exercise Science from UTA.
- Meagan's passion and mission in life is to serve others and leave a legacy that has impacted others in a positive way through fitness.



CG is Safe for Anyone

Meet some of the regular CGers

Barba Lamb 63



Bill Tillotson 57



Questions?
email all questions to alicia.gill@uta.edu

Register at the link Below

<https://www.surveymonkey.com/r/73C695V>