

Without Challenge There Is No Change

WHAT IS THE

TREND
FITNESS



12 WEEK CHALLENGE



trendfitnesschallenge.com

Want to feel better, look better and have more energy? Want to learn how to exercise properly and how to eat well? Then the Challenge is for you! Our philosophy is that Knowledge is Power so with that in mind the aim of our Challenge is to educate you so that you can implement healthier choices in life.

Of course this is also a competition but not everyone joins for the competitive side of things.

For some people it's just about regaining their health, others just like to be a part of the group, some people use it as a learning opportunity about how to use the gym better and then there are those people who just like to create a little bit of accountability for themselves so that their lifestyle doesn't get too far out of control. It doesn't matter what your reason for joining is as long as you get something out of it.

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WHAT'S INCLUDED?

- Challenge Book
- Workout Diary
- Training Plans every 4 weeks (beginner & advanced options)
- Meal Plans
- Nutritional advice
- 100 + Recipes
- Discounted PT sessions
- Discounted Supps
- **Free Body Scans**
- Weekend Group Sessions
- Online Checkins
- Closed Facebook group
- T-Shirt for Finishers
- Prizes
- **Awesome** Presentation Gala Dinner
- The skills to set up your health for life





SKILLS TO MAKE BETTER CHOICES

Unfortunately for us, the world is full of bad choices that are constantly thrust in our faces and all too often we say yes. Sometimes we say yes even when we know it's not good for us but often times we say yes because we don't know how bad something actually is.

Think Marketing for instance. All over our packaging we have marketers tell us that this food is low fat or low sugar or low carbs – but does this mean that it's healthy? Not necessarily.

One of the aims of the Challenge therefore is to give you the knowledge to determine whether a food is actually healthy or whether it's been selectively marketed.

FOOD KNOWLEDGE



With generations past, people didn't have to think so much about their food choices because there wasn't as much food to choose from. Now however we are overloaded with choices and many of them aren't particularly great.

In the Challenge we give you information about the different types of food groups and what sort of quantities you should be eating of each.

We set it down in a simple, easy to understand format and we're here to answer any questions that you may have.

You are also taught the power of good food in good quantities - it's about education not deprivation as, let's face it, starving yourself for the rest of your life would be no fun at all!



GOAL SETTING & ACCOUNTABILITY

You will learn how to take charge of your life.
You will learn how to set realistic goals.
You will learn how to create accountability for yourself.

These things together, will allow you to create better sustainability for your health and fitness so you don't feel that you are just going around in circles.

Many people fail with their health and fitness goals because they really don't know what direction to go in to achieve them, but with a plan, you can eliminate this hurdle.

EDUCATION AROUND THE GYM



Too many times people join a gym with all of the enthusiasm in the world only to stop going after a little while.

A lot of this has to do with the fact that they simply don't know what they're doing and/or they don't have a plan.

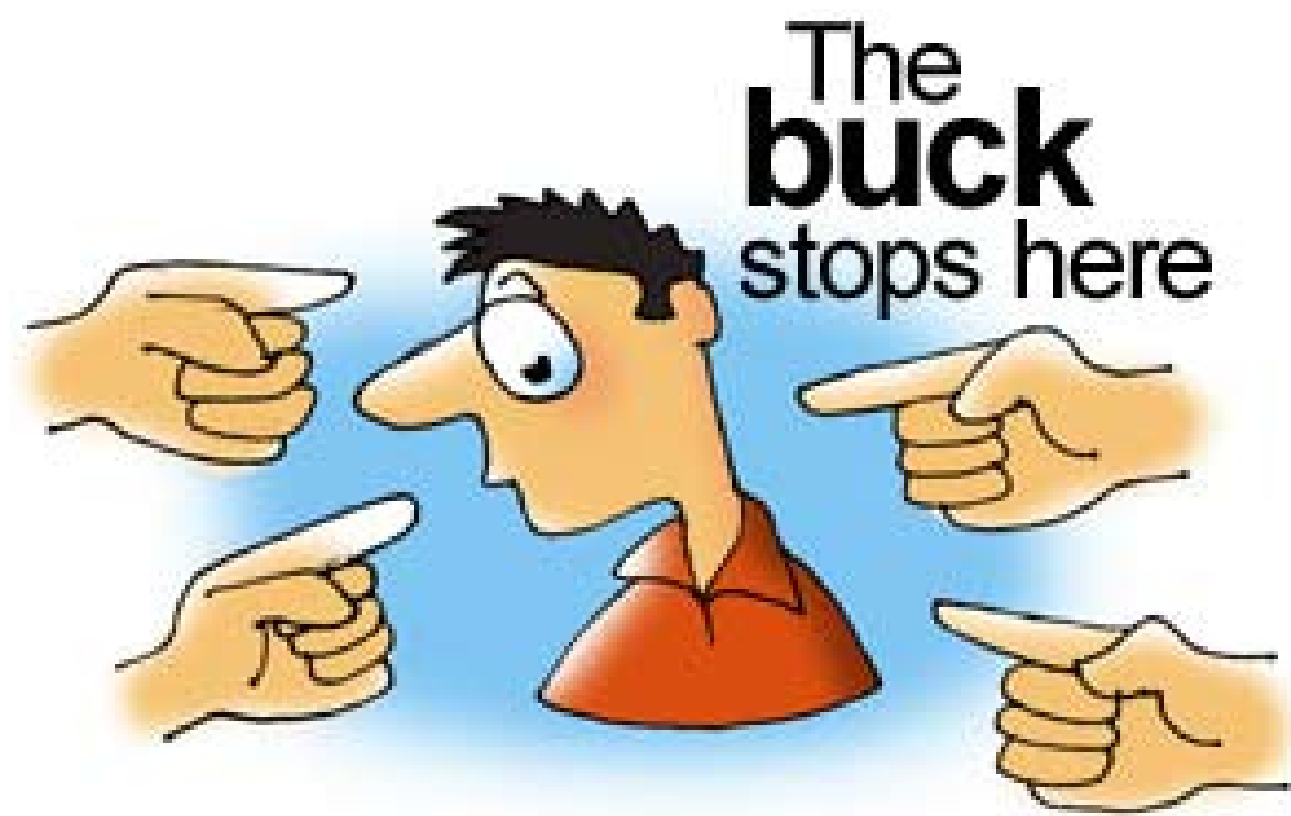
By joining our Challenge you will be given 3 different work out plans plus there will be videos and pictures for most of the exercises. The idea is to learn as you go along so at the end of the day you will have the confidence to use the equipment and get the results you want.

A GROUP OF LIKE MINDS

The Challenge will introduce you to a large network of people that you may not have met before. This gives you extra resources to call on for knowledge or even motivation and has proven extremely valuable to many Challengers. Many amazing friendships have been formed through our Challenges and it always has a positive effect on peoples lives.



THE BOTTOM LINE



The bottom line is that you will always get something out of the Challenge – exactly how much you get out is entirely up to you but it can definitely change your life for the better.

The question is do you want to feel fitter, healthier, stronger, more energetic? Do you want to learn more about what you should be doing?

If this sounds like something you want to do then don't wait as spots are limited. Simply follow the link here or call 0403 767 199

TESTIMONIALS

Simon Smith - Grand Champion

(I GAINED) A BETTER OUTLOOK ON LIFE. A COMPLETE LIFESTYLE CHANGE , MORE CONFIDENT WITH MY BODY IMAGE. MENTALLY AND PHYSICALLY A LOT STRONGER. I NEVER THOUGHT MY BODY COULD CHANGE SO MUCH IN 12 WEEKS AND STILL BELIEVE IT IS ME EVERY TIME I LOOK IN THE MIRROR. I HAVE LEARNT SO MUCH ABOUT MY BODY IN THE CHALLENGE THAN EVER BEFORE. I WILL CONTINUE TO FOLLOW THE GREAT ADVICE ,TRAINING AND NUTRITION INTO MY NEW PHASE OF LIFE. I WILL NEVER FORGET THIS AMAZING EXPERIENCE AND THE GREAT FRIENDS I MET ALONG THE JOURNEY.



TESTIMONIALS

Sarah Wolter- Grand Champion

I gained friendships for life, belief that I can achieve anything if I set my mind to it and work for it, and for the first time in my life I am finally beginning to like what I see in the mirror.



TESTIMONIALS

Katie Temple - 3rd Place

I have gained energy, understanding of good nutrition, a love for going to gym and classes, so much extra love for my life and the awareness that I needed to move forward.

I am a better Mumma to my gorgeous girl in every way, because I am a better version of myself. Most of all I gained a great mindset and used it to learn and grow and to improve each day. I'm grateful beyond words.



TESTIMONIALS

Paul Atkinson - 2nd Place

Being part of the group was great, it was just what I needed to keep me going when I was struggling and push me harder right when I needed it

I gained my health, fitness, a whole new outlook on the world and life, a new mindset, the belief I can and will achieve anything I put my mind to and some great new friends.

Possibly the best and most life changing experience of my entire life and thank you to everyone involved !!

Clinton Bourne - 4th Place 2015 & Grand Champion 2016

Being part of the Trendsetters was great, I got to meet new people that had the same goals which made it easier to stay on track with the wealth of knowledge and support that came too.

Joining a great club and meeting new people that has helped me change my life for the better. Also bringing my wife along for the ride too. Seeing how far we have come and how hard you can push yourself - 12 weeks seems like a long time but when you see the changes that you have made to your health and body 12 weeks isn't long at all. I can't believe the massive change in my body and would just like to thank Steve and Holly for their support throughout it.

TESTIMONIALS

Sue Ireland - Participated in every Challenge so far

Being part of this great group was exciting and inspirational. Watching and listening to everyone's ideas was fantastic.

I am super glad that Holly and Steve opened this gym and I am so happy I got up the courage and go inside and join up. You guys gave us all your knowledge and skills to succeed and go onto bigger and better things. I know I will continue with my healthy lifestyle and will do the challenge again in February.

