



The Health Colonel's Lifestyle Institute
TheHealthColonel.com



Colonel Bob's Kick-Start Weight Loss Challenge Program

True intentions are expressed by actions. It's time to take the challenge. Do you need a little competition, team support and a challenge to lose weight? The 10-Week Weight Loss Competition program is designed for those wanting to lose 10 to 40 pounds or more. PRIZES WILL BE AWARDED TO THE WINNERS. The cost of the ten week program is as low as \$3.75 per workshop. **The best rates are achieved by building corporate teams of four and registering as teams.** Contact your human resources to find out about bringing the corporate program to your place of work. The corporate programs are most affordable (see program descriptions below).

WHAT: Weight Loss Challenge and Competition (Ten Weeks)

START DATE: Friday, February 26, 2010

TEN WORKSHOP/MEETING DATES (all Fridays): 02/26, 03/05, 03/12, 03/19, 03/26, 04/02, 04/09, 04/16, 04/23, 04/30

WHEN: Every Friday at 7 pm for ten weeks

WHERE: To be announced. The location will be in or near Fort Lauderdale.

WHO: All those that want to lose between 10 and 30 pounds in ten weeks

PLEASE COMPLETE REGISTRATION FORM AND FORWARD PER EMAIL to

TheHealthColonel@BeachBootCamp.net. Please mail checks payable to Lt. Col. Bob Weinstein, 757 SE 17th Street, #267, Fort Lauderdale, FL 33316, phone 954-636-5351. You may also print and fax the completed form to 866-481-2804 or scan and email. **Availability is limited so sign up early.** [Click here for registration form.](#)

WHAT YOU GET:

1. Twelve 45 minute meetings with 30 minute motivational seminars on goal setting, nutrition, fitness, eating plans and much more.
2. Weighing weekly.
3. BMI calculation weekly.
4. Goal setting, assessment and adjustment weekly.
5. Complete body measurements every four weeks.
6. Fitness plan.
7. Weight loss plan.
8. Nutritional guidance.
9. Workbook with all the tools for the 10 week program.
10. Ten Seminar topics.
11. Book: Weight Loss - Twenty Pounds in Ten Weeks - Move It to Lose It
12. Telephone and email support.
12. Body measurements every 3 to 4 weeks
13. Certificates of completion and awards certificates.
14. Special personal training rates for small teams of 2 to 4.



WEIGHT LOSS CHALLENGE PLANS

A. INDIVIDUAL PLAN PRICES

Bronze	\$30	Four meetings/workshops included (= \$8.00 per meeting)
Gold	\$42	Six meetings/workshops included (= \$7.00 per meeting)
Platinum	\$52	Eight meetings/workshops included (= \$6.50 per meeting)
Diamond	\$60	Ten meetings/workshops included (= \$6.00 per meeting)

B. TEAM PLAN PRICES

A team registration is made up of a team leader and three additional team members for a total of no more than four participants per team. Choose the plan that fits your team.

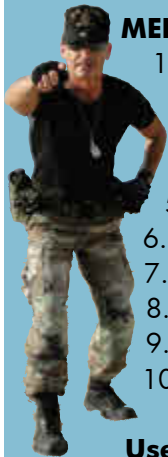
BRONZE	\$100 (= \$6.25 per meeting, \$25 per person, 4 meetings included)
GOLD	\$120 (= \$5.00 per meeting, \$30 per person, 6 meetings included)
PLATINUM	\$150 (= \$4.69 per meeting, \$37.50 per person, 8 meetings included)
DIAMOND	\$160 (= \$4.00 per meeting, \$40.00 per person, 10 meetings included)

C. CORPORATE TEAMS PLAN PRICES

To qualify for the corporate plan, at least 4 teams of 4 participants each for a total of at least 16 challengers need to be registered from your company.

BRONZE	\$90 (= \$5.63 per meeting, \$22.50 per person, 4 meetings included)
GOLD	\$110 (= \$4.58 per meeting, \$27.50 per person, 6 meetings included)
PLATINUM	\$140 (= \$4.38 per meeting, \$35.00 per person, 8 meetings included)
DIAMOND	\$150 (= \$3.75 per meeting, \$37.50 per person, 10 meetings included)

All registration payments are nonrefundable.



MEETING SEMINAR TOPICS AND DATES

1. How to Set and Implement Your Goals, 02/26
2. What to Eat and What to Avoid, 03/05
3. Myths and Lies About Eating, 03/12
4. Myths and Lies About Exercise, 03/19
5. Let's Talk About Supplements, 03/26
6. How to Overcome Obstacles, 04/02
7. How to Find Time for What's Important, 04/09
8. How to Manage Stress, 04/16
9. How to Use Emotional Energy, 04/23
10. How a Spiritual Life Can Improve Your Health, 04/30

Use posted registration form to sign up or call 954-636-5351 to have the registration form sent to you per email. Deadline for registration: 02/22/2010. Availability is limited so sign up early.

[Click here for registration form.](#)

Contact info:

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