



## Frequently Asked Questions

Q: If accepted, how many days should I work out?

*A: To achieve optimal results, one should perform at least 3-4 moderate to high intensity workouts per week including resistance training, cardiovascular exercise and of course flexibility. The key word here is "intensity." Workouts without intensity may help prevent certain disease processes, but may not be very helpful with achieving overall weight loss.*

Q: I see that if accepted, I'm required to complete a medical evaluation, blood panel and musculoskeletal screening. What will the medical screenings entail?

*A: The medical screening will include a basic health and physical evaluation to identify any potential contraindications to exercise, health risks and/or concerns. The blood panel will minimally review your blood lipids, blood sugars, thyroid, and markers for heart disease. You will also be screened for muscular imbalances and any musculoskeletal injuries or concerns. This type of screening is highly recommended for anyone engaging in a new fitness or weight loss program.*

Q: I don't have a doctor, who should I see?

A. The staff and trainers of Equilibrium Fitness for Women work very closely with a select few providers to enhance communication and results. Dr. Aaron Kromhout and/or Creating Harmony's Nurse Practitioner have been specially selected to provide the screenings because of their expertise and knowledge of women's health issues. Rex Stevens, D.C., Molly Stevens, D.C., and Sandy Sachs, D.C., will provide the musculoskeletal screenings and evaluations.

Q: Do I have to pay for the medical screenings or blood work?

A. No. The medical screenings with the above doctors and blood work will be provided to you free of charge.

Q: Can I get screened by my own doctor?

A: Yes, you may visit your personal physician but will incur all costs of doing so. We do recommend utilizing the above doctors as they have an excellent reputation and work with a significant number of our clientele. The level of communication between these providers and our trainers at Equilibrium Fitness has created high levels of success for our clients.

Q: Do I have to be a member of Equilibrium Fitness for Women to participate?

A: No, non-members are welcome to apply and if accepted, a membership will be provided to you free of charge during the course of the challenge.

Q. When is the application deadline and when does the program start?

A. The application submission deadline is Sunday, January 24th, 2010 before 12 PM. Applications will be reviewed and all candidates will be contacted and scheduled for an interview sometime during the first three weeks of February, 2010. Announcement of the winners will be made on the afternoon of Saturday, March 6<sup>th</sup> and the program will begin Monday on March 8<sup>th</sup>, 2010.

Q: Is there any fee associated with the program if I'm accepted?

A: No, those selected to participate in the Transformation Challenge will receive all services outlined in the application free of charge during the duration of the challenge. These services include but are not limited to: membership to Equilibrium Fitness for Women, personal training, nutritional consulting, and medical screening.

Q: When do I find out when I'm accepted?

A: Once the applications are reviewed, you will be contacted via email or phone to schedule an interview. After the interview process, all applicants will be asked to attend the Transformation Challenge launch meeting. Those accepted into the program will be announced at the meeting.

Q: What if I can't commit to the full 12 weeks?

A: In order to achieve optimal results, and adhere to program guidelines, all participants must complete the full 12 week program. Missing two required workouts or meetings is grounds for dismissal or disqualification.