

What does it cost?

What is it worth to you to reach your goals?

The BigTime Makeover :

The makeover program is an incentive and result based program. The payment for this program is a flat rate fee. The entire program with customized eating plan, private training sessions, and incentives is \$750 a month. \$150/mth off if you pay for the entire 12 weeks up front. Group discounts available –take off an additional \$50/month for each person added (\$450 minimum for flat rate). Includes access to facility 5 days a week for training. Visa and Mastercard accepted!

Training sessions only :

\$60-\$75 per session depending on number of times per week and payments made in advance.

Eating plan:

\$250 for 12 week program without the exercise program.

Group training rates available:

2 people— \$45/each per session.

3 people-\$40/each per session.

4 people and up-\$35/each per session.

Flat rate discounts available on 12 session/month programs!

Corporate plans available—Discounts!

What makes it work?

3 keys to the program.

1. **Commitment:** *The plan and program will work if you do it and you do it as close to 100% as possible. Most programs fail not because the program is inadequate, but because it is never fully carried out. The bigger the goals, the bigger the commitment*
2. **Customized eating plan:** *Probably 70% of the weight loss will be because of the customized eating plan. If you are able to follow the plan you will get results. This is not a diet. It is an eating plan that involves eating more instead of less. A plan that is based on your body type and foods that will work for your body. This program is based on solid scientific research on how the body actually works and responds to exercise and eating several small meals each day.*
3. **Incentives and realistic goals:** *Short term goals and long -term goals have to be realistic. Don't set yourself up for failure! Back those goals up with incentives that will motivate you and your trainer. Set it up to where everyone is working hard to reach your goals. If you don't have rewards then the journey may not be worth it!*

Ask about our "Virtual Training"

- Customized routines via video clips!
- Get email support and accountability!
- Workout when and where you want!
- Pay for the diet and train online!
- Computerized printout of workout!

BigTime Makeover!

Eat more-lose more!

Targeted Exercises!

Customized eating plan- based on your body type!

Online training!

Guaranteed Results!

Brian Blackwell M.S. C.S.C.S.

BigTime Athletic Development

4770 Pearl St. Suite #D
Boulder, CO 80301

Phone: (303) 517-5855

EMAIL:bigtimead@gmail.com

bigtimeathleticdevelopment.com

BigTime Guarantee!

If you choose to enroll in our guarantee program this is how it will work.

We have 5 categories that we will measure. We will do a pre- test and post- test on these categories. If you do everything that is outlined in your program and you can document what you ate-this is our guarantee: If you don't have significant improvement in at least 3 categories we will give you 3 months free! Here are the rules:

1. You have to sign up for 12 weeks minimum. Flat rate fee required!
2. Payment is a flat rate fee and you have access to our facility 5 days a week.
3. You have to comply to your customized program completely. You have to keep a diary of eating, aerobic exercise and complete 85 % of your weight training sessions in the 12 weeks and average 4 days a week of aerobic exercise and no less than 30 min each time.
4. The categories are circumferences % fat, weight loss, strength and improved aerobic capacity.
5. Short term and long term goals with incentives for you and your trainer must be agreed to (Contract)

BigTime Makeover!

BigTime makeover is a chance to finally change your body! If you want to get in the best shape you have ever been in; try this out. Our unique program consists of a blend of exercises that meet your needs and target the areas you want to target, an eating plan that consists of eating not starving and aerobic exercise that is designed to burn fat not kill you! We have a guaranteed program if you are willing to put it on the line so are we! This is how our make over breaks down.

Step 1. Initial Meeting: Determine body type and determine the type of diet depending your body type. Discuss goals-short term and long term. Document goals 6 week, 12 week, and 6 month to a year. Percent body fat determination, measurements and estimation of calories needed.

Step 2. Outline eating plan: Discuss how to carry out eating plan and get handouts on how to do it and why. Based on your body type and your metabolism estimation your eating plan will be customized to you.

Step 3. Determine workout plan: Your workout program will be customized to you and your needs. Targeting areas you want or need to work on. Exercises that will tone, the problem areas you identify will be put into your routine. The idea is to build some lean body mass not a lot!

Step 4. Determine aerobic plan: Determine fat burning zone. In order to burn fat you have to train in the fat burning zone. Exercise that is too intense doesn't burn fat. Your exercise program is designed to burn fat not burn you up! Programs that over work you are ineffective!

Step 5. Incentive program: What is it going to take to make you work to achieve your goals? There are different levels of incentives, some are self imposed some can be part of your payment plan. Incentives and rewards are a big part of a successful program and we will work with you to provide whatever incentives that we can!

Step 6. Do it!: This is the key, it is all laid out- all you have to do is stay with it!