

Spring 2016

90day
Challenge™

try-it
tuesday

February 9

Nutrition habits are a crucial component for success. Find out how new habits played an important role in the success of past participants, and learn key factors for getting lean.

February 16

Gain insight into heart rate training and find out why cardio training is crucial to fat loss. Get on the treadmill and learn more about personalized heart-rate zone training.

February 23

In Team Weight Loss, you'll be part of a group that adds resistance training to what you learned in Cardio Burn. The result is a combo that's just the ticket for results!

March 1

Our nutrition experts will show you what healthy eating looks like. As you navigate the aisles, you'll learn what to put in your cart and the importance of quality food.

March 8

Strength training is just as important to your workout regimen as cardio. A Personal Trainer will guide you through the fundamentals and show you how it's done.

March 15

Join us for an introductory mat Pilates class and learn the basic series in the Pilates system of mind-body exercises. Pilates is designed to get you toned, sleek, and flexible.

March 22: Mid-Point

Keep it going during the second half of the Challenge! Join us for a nutrition seminar where we'll showcase meal-prep ideas, recipes and crucial tactics for real-life challenges.

March 29

The fun is as intense as the training in this workout. A Personal Trainer will guide you through the use of various fitness machines and exercises.

April 5

See just how much your fitness has improved during a CardioBurn 2.0 session. Test yourself and compare your starting heart rate zones to where you are now.

April 12

You've learned the fundamentals, now come push new limits using fitness tools and exercise during a one-hour full-body resistance training workout led by a Personal Trainer.

April 19

MMA-inspired (mixed martial arts) conditioning exercises and drills are fun and intense, incorporating boxing and kickboxing during drills. No prior experience necessary.

April 26

Turn up the training intensity in a fast-paced cardio session with circuits, sprints and resistance training designed to keep you moving toward your goals.

May 3

Invite your support system from the last 90 days to help you complete your Challenge. Have them join you in a 5K fun walk or run that's guided by a Run Club leader.



Tag photos, share stories and post your progress at [#LT90DayChallenge](#)

Follow us @ [#LT90DayChallenge](#)

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SAVE during **Weigh-In Weekend.**

Know It:

10% Off - All Lab Testing.

Buy One Lab Test at Full Price, Buy Another Lab Test of Equal or Lesser Value at 25% Off - Both labs must be used within six months.

Buy One, Get One 25% Off - All Metabolic Re-Assessments.

Buy Three, Get One - Metabolic Coaching Sessions.

SAVE \$30 - On first ActiveMetabolicAssessment.SM

Nourish It:

20% off - First month of Nutrition Coaching (up to 4 sessions total), plus 10% off additional months (2 sessions or more per month) when you set up EFT.

10% Off - All Nutritional Products.

10% Off - D.TOXSM Life Time Detoxification Program.

10% Off - StrengthStack.SM

Move It:

Save up to 25% on Weight Loss Kick-Start Bundle - Sign-up for a 13-week TEAM Weight Loss program and save up to \$259 (total value up to \$799). New Participants only.

15% Off - TEAM Training Programs, including TEAM Fitness and TEAM Boot Camp.

15% Off - Private Personal Training. New clients can purchase up to 24 one-on-one training sessions at this price. Current clients can add up to 8 additional sessions to any current training package.

15% Off - Private Pilates Sessions. New clients can purchase up to 24 one-on-one sessions at this price. Current clients can add up to 8 additional sessions to any current training package.

15% Off - Pilates Group Training. New clients can apply the discount to up to 2 months of Pilates group classes. Current clients can add up to 8 additional classes to any current training package.

Offers valid February 6-8 only. Cannot be combined with any other offers or discounts. While supplies last. Taxes and certain restrictions may apply. See a team member for details. Prices and amenities vary by location. Based on availability. Always consult your physician before beginning any exercise or nutrition program.

Life Time Assessments & Lab Testing are for consumer educational use only and do not constitute medical advice, care, diagnosis or treatment and are not intended to be a replacement or substitution for the medical advice, care, diagnosis or treatment from a licensed medical practitioner.

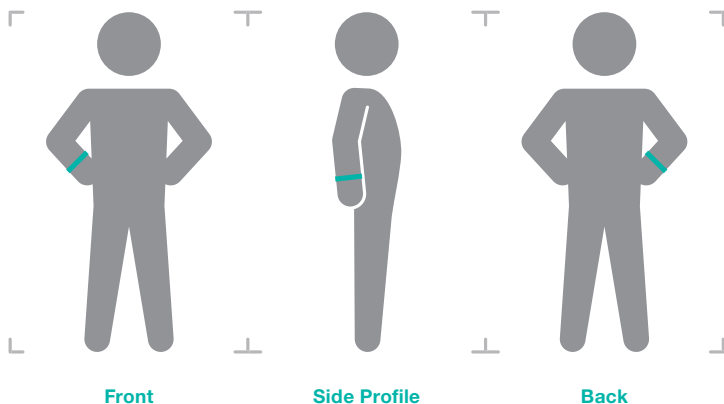
Products are not intended to diagnose, treat, cure or prevent any disease.



“Before” and “After” Pictures



Take three (3) recent “before” photos and three (3) “after” photos at home: front (1), side profile (2) and back (3).



Remember: Submit all six (6) photos + your personal essay between May 1, 2016, and May 9, 2016, by 9pm CST to be considered for prizes.

Submit to: lifetime90day.com/submit-your-story

Win-Worthy Tips for How to Take Photos:

- Show $\frac{3}{4}$ body or full body—to show full weight loss and transformation.
- Clearly show 90-Day Challenge colored wristband in all 3 photos.
- Dress in a swimsuit or similar clothing.
- Pose with the same posture in before and after photos.
- Stand comfortably, without pushing out or sucking in your stomach.

For full rules and requirements, go to: lifetime90day.com

Didn't receive a wristband? Contact 90daychallenge@lifetimefitness.com



Weight Loss Jump-Start Package

To get the most from your 90 days of focus and hard work, we recommend you jump into your journey with gusto. The Jump-Start Package will ignite fat-burning and prepare your body for weight loss or transformation success.



The Jump-Start Package:

- D.TOXSM Life Time Detoxification Program
- myMetabolicProfileSM Kit
- 2 Nutrition Coaching Sessions



StrengthStackSM

A dietary supplement system formulated to boost your workout and enhance recovery.* StrengthStack is stacked in your favor!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.