

NewSong's



The Biggest Loser Competition Has Just Started

We are in search of New Song's Biggest Loser.

It could be you!

Yes, I don't like how it sounds either but we are referring to finding the person and team that loses the most percentage of weight and collects the most points over the next 12 weeks. The Biggest Loser competition is not just to lose a few pounds but the hope is that it will help promote a healthier lifestyle and build community in our church.

We are encouraging everyone to join us over the summer for some fun group classes, bike rides and fun runs/

walks, "discrete and kept private" weekly weigh-ins, plus make some friends along the way. There will be chances for prizes and at the end we will announce the Biggest Loser(s) - Individual and Team prizes!!!

If you are thinking of sitting it out on a couch: 1 Corinthians 6:19-20 says "...do you know that your body is a temple of the Holy Spirit within you...bought with a price. So glorify God in your body". Yes, our spirituality is important but our taking care of our body is a spiritual endeavor also.

Join and invite others for the Biggest Loser today, first weigh-in starting the first weekend of June.

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Part of New Song's DNA



#3 - We are a community church. The church is not a building we come to, it's a family we belong to. We value knowing and be known, loving and be loved, serving and be served, celebrating and being celebrated.

#4 - We are a Next Steps Church. We are continually taking steps forward in our personal spiritual growth.

What Can I Win?

	Percentage of Weight	Most Total Points
2 Individual Prize Winners →	\$50 Macy's Gift Certificate	\$50 Macy's Gift Certificate
2 Team Prize Winners: →	Dinner for Team to Souplantation	Dinner for Team to Souplantation
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Other Prizes Available:	Points Collected:	Prizes:
	150 Points →	T-Shirts (1st 50 people)
	350 Points →	Coffee Mug (1st 50 people)
	500 Points →	2 Movie Tickets (1st 50 people)

Rules and Guidelines:

Registration

What you need to register:

- Biggest Loser Registration Form
- \$5 registration Fee
- Signed Release Form
- Receive your backpack
- Teams are made up of 5 people
- You can join any time (but it will be harder to win)
- Competition starts the first week of June to the last week of August.

Weigh-Ins

June 2/3 - First Weigh-ins

September 1/2 - Final Weigh-ins



Weigh-ins will be done between weekend service and will be available every

weekend to gain points.

How Winners Will Be Determined

Two Individual Winners:

- Percentage of Weight-loss
- Collect the Most Points

Two Team Winners:

- Percentage of Weight-Loss for Team
- Collect the Most Points as a Team

Classes

There will be classes over the competition to help with your weight loss. Signing up does not obligate you but be reminded that these coaches are doing this as volunteers so participation is highly recommended. It will be a great time to have others learn and exercise together plus the hope is to make some friends along the way.

How Percentage Of Weight-Loss Is Calculated

Percentage of weight-loss is calculated :
$$IW-AW/IW * 100$$

(initial weight = IW, actual weight =AW)

Actual weight is kept confidential by weigh-in coordinators and New Song staff – there is NO PUBLIC WEIGH-IN (unlike the TV show).

How to Earn/Redeem Points

Points are earned as you participate in the classes and events that are available during the summer. You can also earn points for joining a small group, weighing in on the weekends or posting on our New Song Facebook page. There is a Points Tracking sheet that you will record your points. You can get more sheets if needed. The Reward Points page has more detail on how to earn points.

When you are ready to redeem prizes. Go to the Biggest Loser booth and show them your completed card. Remember that we only have limited prizes so gather your points quickly. Let the races begin!!!

5 Easy Steps

1) Sign Up

Join the Biggest loser in the church lobby but also make a team of five for accountability and prizes.

2) Weigh-In

Do the initial weigh-in plus weigh-in on the weekends for extra points.

3) Exercise

Sign up for a class or two.

4) Track Your Points

Make sure to record your points on the tracking sheet. When you have enough points redeem your prizes.

5) Have Fun!

The hope is really to have a enjoyable time during the summer. At the end, we will celebrate together all that we have done plus esteem the best of us all.

For more Information:

Pastor Ben Tabbal or Betina Oliver
760-560-5000

Available Classes

* More Information On Class Schedule Sheet

1. Martial Arts Fitness

This self defense class uses punching bag workouts and sparring to melt away those unwanted pounds.

2. Cardio X

On Tuesday Turn up the heat with electrifying beats and fun Dance moves. On Thursday, Increase circulation and tone muscles in this low-impact class with elements of stretching and strengthening of your core muscles .

3. Complete Balance

- Workouts with Willie Bell Jr.

Insanity or P90X workouts have great results in improving our health in a dramatic way but demand a level of intensity and time commitment. But what about for the rest of us?

Willie Bell is a true fitness and health expert and will take you on quick workouts and nutrition teachings.

4. "Insanity"

This DVD workout with plyometric drills (specialized, high intensity training techniques used to develop athletic power, strength and speed) on top of nonstop intervals of strength, power, resistance, and ab and core training moves will get you in shape fast!

5. Bike The Trail

Enjoy the beauty of the San Luis Rey Trail by meeting at the park on College Blvd and bike down to the beach...and back.

6. Fun Run Happy Hour Running Group

Want to start running 3 miles or running 10+ miles, we have running coaches for you. Come join us. If you are just starting to run we use the run/walk method to help you get started.

7. Life in Balance

A Life in Balance is focused on achieving emotional, physical, mental and spiritual health. Classes will include information for living a healthy lifestyle including weight-loss and



When to Check With Your Doctor

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if you haven't exercised for some time and you have health concerns, you may want to talk to your doctor before starting a new exercise routine.

Although moderate physical activity, such as brisk walking, is safe for most people, health experts suggest that you talk to your doctor before you start an exercise program if any of the following apply:

- You have heart disease.
- You have asthma or lung disease.
- You have diabetes, or liver or kidney disease.
- You have arthritis.

You should also check with your doctor if you have symptoms suggestive of heart, lung or other serious disease, such as:

- Pain or discomfort in your chest, neck, jaw or arms during physical activity
- Dizziness or loss of consciousness
- Shortness of breath with mild exertion or at rest, or when lying down or going to bed
- Ankle swelling, especially at night
- A heart murmur or a rapid or pronounced heartbeat
- Muscle pain when walking upstairs or up a hill that goes away when you rest

Finally, the American College of Sports Medicine recommends that you see your doctor before engaging in vigorous exercise if two or more of the following apply:

- You're a man older than age 45 or a woman older than age 55.
- You have a family history of heart disease before age 55.
- You smoke or you quit smoking in the past six months.
- You haven't exercised for three months or more.
- You're overweight or obese.
- You have high blood pressure or high cholesterol.
- You have impaired glucose tolerance, also called prediabetes.

When in doubt, check it out

If you're unsure of your health status, have multiple health problems or are pregnant, speak with your doctor before starting a new exercise program. Working with your doctor ahead of time is a good way to plan an exercise program that's right for you. Consider it the first step on your path to physical fitness.

REWARDS POINTS

Weight Loss Is Not The Only Way to Win

We have come up with a point system that will help you win the Biggest Loser. Below is a list of ways you can gather points. Make sure you list them on your Points Tracker Sheet and turn it in. You can also win prizes along the way so keep checking to see what you can win. It all based on the Honor System....remember God always knows! :-)

Point System - Honor system

Earn points while participating

- Weight Loss (5points per pound)
- Weigh-in each weekend (25 points)
- Attending each NS fitness classes (10 points)
- Join a New Song Outreach (15 points)
- Attending a New Song Event (50 Points)
 - Family Day at YMCA
 - Attending the Beach Baptism
 - Attending Oasis
 - Work Day
 - Volunteer for Kid's Camp
 - Beach Baptism
 - Church Anniversary Celebration
- Take a picture with a New Song T-shirt and post on New Song Facebook. (max 5 points per week))
- Signing up for a small group (50 points)
- Leading a small group (50 Points)
- Attend 724/Rendezvous Summer event (15 points)

What's Happening

Rack Up your Points By Joining our Church Wide Events

June

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|------------|--|
| 2nd & 3rd | Biggest Loser Start / Initial weigh in (25 points) |
| 9th | Rendezvous bowling night (15 points) |
| 24th | Family Day at the YMCA (50 points) |
| TBA | Work Day- all church clean up (15 points) |
| June 23/24 | New Summer Small Groups Start (50 Points) |

July

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| 9th- 13th | Kids Camp – No Classes (50 points for volunteering) |
| 26th-*28th | Oasis – All Church Annual Conference (50 points for attending) |

August

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| 5th | Beach Baptism – Join us at our summer Beach Baptism. If you haven't been baptized sign up today. (50 points) |
| TBA | Outreach: Sun Project (15 points) |
| TBA | Outreach: School Clean up (15 points) |

September

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| 1st-2nd | Final weigh in (25 points) |
| 8th & 9th | Winners Announced |
| 28th | New Song's Twentieth Anniversary Celebration Register for the celebration before August 26 (50 points for registering) |