

WholeFit

30 DAY CHALLENGE

WholeDeal + CrossFit = WholeFit

Physical wellness happens at the intersection of fitness and nutrition.

Are you ready for a challenge that will create significant and lasting change in your life?

For those who are ready for BIG changes, WholeFit is an intensive 30 Day “challenge” where participants follow a specific plan of physical training and nutrition. By fortifying new habits, WholeFit provides a new way of living that will improve physical movement patterns and provide you with the nutritional tools to live life at your very best. WholeFitters learn all the foundational movements of CrossFit and experience improvement in cardiovascular endurance, energy level, sleep quality, inflammation, muscle definition, strength, mental acumen, and ...of course, we lose weight!

The WholeFit 30 Day Challenge Includes:

- ▶ **1 Intake Session; measurements and goal setting**
- ▶ **12 Small group conditioning classes at Reebok CrossFit**
- ▶ **Full month of physical movement programming and coaching**
- ▶ **The WholeDeal Nutritional Program**
- ▶ **Daily Inspiration delivered to your inbox and phone**
- ▶ **Online community to share stories, recipes, and gather information**
- ▶ **Daily success online tracking program**
- ▶ **2 Adventure Outings!**
- ▶ **4 Weekly Special Events**
- ▶ **2 Dedicated professional coaches; Meg Herman and Jennifer Winzeler,**
- ▶ **The Bestselling Book, It Starts With Food, by Melissa and Dallas Hartwig**
- ▶ **The Love and Support of the Reebok CrossFit community of athletes.**

WholeFit January, begins Monday, January 5th

One Month Fee \$495

Resources:

It Starts With Food, Melissa and Doug Hartwig & www.whole30.com

Questions and Support Contact:

Meg Herman, meg@reebokcrossfitcc.com; Jennifer Winzeler, jennifer@reebokcrossfitcc.com

WholeFit CHECKLIST

- Reserve your spot in WholeFit January, go to www.reebokcrossfitcc.com, and click "Register Now". You will be prompted to create an account. Once you are in the Reebok CrossFit Mindbody system, click get started and choose the "Get Started- Whole Fit 30 Day Challenge."
- Finalize your goals and write them down. Make two copies; one for yourself and one to be turned in at your intake session.
- Set up a time for and complete your intake session with Meg or Jenn. Reserve 30-45 min.
- Enter the following information into your contacts list (phone and email);
Meg Herman, meg@reebokcrossfitcc.com 419.553.6923,
Jennifer Winzeler, carnavitality@gmail.com 419.551.7138
- Download TotalWOD application on your phone. Go to the iPhone or android app store and search "totalwod". Choose the athlete application. Once loaded enter the email and password used when creating your Reebok CrossFit Mind-Body account.
- Friend Meg O'Toole Herman and Jennifer Winzeler on Facebook in order to receive your invitation to the community page.
- Text your phone number to Meg and Jennifer to opt in to group texts consisting of workout plans for "off" days as well as the occasional message of inspiration!
- Input the WholeFit calendar dates into your electronic device and master calendar.
- Read the book, It Starts With Food.

WholeFit COACHES



Meg Herman

Coach/ Owner

Reebok CrossFit Coastal Carolina

Reebok  **CrossFit**

COASTAL CAROLINA

CrossFit Level 1, CrossFit Kids,
CrossFit Endurance

BS in Finance, Business Administration,
Miami University, Oxford, Ohio

CrossFit is about teaching all of us how to move. It is about movement patterns that are essential to life, essential to our well-being and our independence. CrossFit is a fitness program where the reward for doing well is the ability to express fitness in everyday life in doing what we love most; running, swimming, golfing, tennis, kayaking, biking, or throwing a Frisbee on the beach with the grandchildren. I love that CrossFit makes me better, every day; a better mom, wife, friend, daughter, coworker, and community member. Sharing the CrossFit methodology has become my life's work as I seek to serve others and create lasting change.

The WholeFit 30 Day Challenge is the culmination of my experience as both an athlete and a coach. If ready, this foundational program will create the lasting change we seek! Our community and program is perfect for everyone from ages 5 to 105. From the moment you enter Reebok CrossFit, everybody knows your name and everybody loves you. You are a part of something much bigger than a workout, you are family. We are a community bound by belief in ourselves and belief in one another.



Jennifer Winzeler

Vitality Coach/Owner CEO

Carna, LLC

Carna

vitality you redefined

Certified in Health and Wellness,
Raw Food Level 2 Chef and
STOTT Pilates Instructor.

BA in Psychology from Miami University,
Oxford OH.

We are much more than our bodies. However, our physical body is the tool we have been given to live out our dreams, experience our richest, most full life; love and serve. As a result, caring for your body is imperative. With my own journey discovering how best to do this, I have found what we put into our mouths is intrinsically linked to the amount of vitality in our everyday lives. We literally are what we eat. Called to learn more and more about what best fuels us, I have studied over 100 lectures on dietary theory, spent countless hours reading and mentoring/supporting people others and landed here, still feeling as passionate as ever about sharing with people how best to use food and eating to tap into their most vital selves. I am here to today; thoroughly enjoying my life in all its many facets, because I have learned to support my body physically.

When optimal nutrition is married with a regular practice of moving well (our bodies were made to move just as they were made to eat!), the results are significantly improved health and well-being. The alchemy of the WholeDeal 30 day nutritional challenge combined with quality standards of the CrossFit workout to make for the WholeFit 30 day challenge is the perfect recipe for your greatest over all wellness success.

"The most amazing thing is how this program directly impacted my specific health issues. I am a Type II diabetic and have always struggled to keep my blood sugar levels in the desired ranges. By following this program, my A1C dropped dramatically. WholeFit literally could be life-altering, maybe even life-saving!." - Chris Lindgren

"During my 30 days, I discovered that...I like to cook again, and I am more open minded about vegetables I actually like, possibly love, Brussel sprouts! My recovery from exercise is better. My skin seems clearer. I'm sleeping better. I'm happier and not nearly as anxious. Food tastes better, and I view it differently. No more mindless eating. And, finally, I no longer have the roller coaster appetite/energy levels throughout the day." - Lillian Sullivan

"I can tell 100% difference in my cardio, stamina, endurance, and energy levels since starting the Whole 30. I told my wife and anyone else that would listen that I have not felt this good in 15-20 years and think this is the best physical shape I have been in ever!" - Tom Risher

"As the weeks passed, I felt so much better physically and mentally. Overall, I had more energy, and my days became increasingly productive. The transformation to the WholeFit Program has been so radical, I now believe the best part of each day occurs at 6:00AM. To hear the birds chirping, watch the sunrise, and have a great workout with friends is the way all days should begin." - Marcy Lindgren

"The first couple of weeks were hard but, doable. Once you realize how much better you feel without those foods in your diet, you care less and less about them. In fact, you get excited about NOT eating them and making better food choices because you realize that the decisions you are making are working." - Kristi DuBois

"The program has changed my whole thought process on eating, cooking and grocery shopping. Now I am satisfied and my palate has changed. I enjoy the natural sweetness of fruit. No more carb cravings. I can drink black coffee and don't feel I need a caffeine jolt since I have more energy throughout the day." - Lyn Whiteside



MARCH/APRIL 2015

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				12	13	14
15 Cook Prep Kick Off Mtg	16 Day 1 CrossFit 6:00 AM (1) 12:00 PM (2)	17	18 CrossFit 6:00 AM (1) 12:00 PM (2)	19 Vision Board	20 CrossFit 6:00 AM (1) 12:00 PM (2) BOX Skill & Grill	21
22 Active Rest Cook Prep	23 CrossFit 6:00 AM (1) 12:00 PM (2)	24	25 CrossFit 6:00 AM (1) 12:00 PM (2)	26 Call	27 CrossFit 6:00 AM (1) 12:00 PM (2)	28 CrossFit (1) & (2) Beach Adventure WOD 8:00 AM
29 Active Rest Cook Prep	30 CrossFit 6:00 AM (1) 12:00 PM (2)	31	1 CrossFit 6:00 AM (1) 12:00 PM (2)	2 Whole Foods Tour	3 CrossFit 6:00 AM (1) 12:00 PM (2)	4
5 Active Rest Cook Prep	6 CrossFit 6:00 AM (1) 12:00 PM (2)	7	8 CrossFit 6:00 AM (1) 12:00 PM (2)	9 Call	10	11 CrossFit (1) & (2) Pickney Island Adventure WOD
12 Active Rest Whole 30 Whole Fit Dinner						

notes

Introduction Meeting – Measurements / Goal Setting/ Book Exchange – Completed before 3/14

Off Days – Workouts + Physical Challenges

Weekly - :30 Min call with Meg or Jenn

