



Frequently Asked Questions

1. *What is the Extreme Brickover Couples Edition?*

The Extreme Brickover Couples Edition is an 8 Week Weight Loss Challenge, sponsored by **Brick Bodies/Lynne Brick's, ABC2, & Diet-to-Go.**

2. *How will the Extreme Brickover Couples Edition work?*

- 6 Couples will be selected from all the applicants. Couples may consist of family members, co-workers, friends or significant others.
- Each of the (6) Couples will be teamed up with a **Brick Bodies/Lynne Brick's** Certified Personal Trainer twice a week for training. Training will be 1 hour long. The Certified Personal Trainer will work with the participant to develop an exercise and fitness program to help them lose the most weight.
- ABC 2 Good Morning Maryland will be covering the progress of the (6) couples with Lynne Brick every Tuesday from 9:00am – 10:00 am.
- Diet-to-Go will provide each participant with three meals daily for the 8 weeks. Participants *must* eat these meals. Meals will be picked up at the club where each participant workouts out.
- Each Tuesday **Brick Bodies/Lynne Brick's** will weigh-in the contestants at **Brick Bodies Padonia** to determine the amount of weight they lost during the previous week. The 6 couples will need to be available between the hours of 7:30am – 9:00am during each weigh – in. At the end of the 8 week challenge **Brick Bodies/Lynne Brick's** will conduct a final weigh-in to determine the winner at **Brick Bodies Reisterstown** on Tuesday, May 18, 2010 from 5:30pm-6:30pm.
- The winning couple will be determined based on the highest percentage of weight lost between the 2 of them.

3. *Who can register for the Challenge?*

Both members & non-members can register. Associates or family of associates of **Brick Bodies/Lynne Brick's, ABC2, & Diet-to-Go** are ineligible to enter the challenge.

4. *How is the percentage of weight lost calculated between the couples?*

We add the beginning weight of each contestant in a couple together at the start of the competition to get a **Starting Combined Weight**. We add together the total weight loss by each contestant in a couple at the finish to get a **Total Weight Loss**. The **Total Weight Loss** is divided by the **Starting Combined Weight** to get the **Percentage of Weight Loss**. In other words, if Jimmy weighed 300 pounds at the start of the competition and his partner, Sue weighed 250, their **Starting Combined Weight** was 550. If Jimmy lost 50 pounds and Sue lost 30 pounds, their **Total Weight Loss** was 80 pounds. 80 divided by 550 equals 14.54 **Percentage of Weight Loss**.

5. *When does the Extreme Brickover start?*

- The registration/application period is from Monday, February 1, 2010–Sunday, February 28, 2010.
- The 8 Week Fitness Challenge is from Tuesday, March 23, 2010–Monday, May 19, 2009.

6. *What is the cost to register?*

There is no cost to register.

7. *How do I register?*

Simply fill out the Extreme Brickover Couples Edition Weight Loss Challenge application and follow all rules that apply. All rules and regulations are explained in the application. Applications can be found in any of our 7 **Brick Bodies/Lynne Brick's** locations or can be downloaded at www.BrickBodies.com.

8. *Who will help me fill out the application and show me the club?*
Simply go into any of the 7 **Brick Bodies/Lynne Brick's** locations and ask to register at the service desk. A **Brick Bodies/Lynne Brick's** associate will be assigned to help you.
9. *Do I need to join the club today to be entered in the contest?*
No, there is no obligation to join. All you need to do is fill out the application, provide a before picture, provide your medical clearance and have your weight taken. Please see the service desk for more details.
10. *Do all applicants that apply get to participate in the Extreme Brickover Couples Edition?*
No, only 6 Couples finalists will be chosen at the sole discretion of **Brick Bodies/Lynne Brick's, ABC2 & Diet-to-Go**.
11. *What cash prizes can I win?*
First Place Couple - \$5,000
Second Place Couple - \$3,000
Third Place Couple - \$2,000
12. *What other benefits do participants receive other than the chance to win the cash prizes?*
All participants will enjoy the benefits of hundreds of dollars worth of personal training from **Brick Bodies/Lynne Brick's** & free meals from Diet-to-Go.
13. *What happens if I am not chosen for the challenge?*
All Non – member applicants of the Extreme Brickover Club Edition will receive a FREE 14 Day Trial Membership that they can start when the challenge begins on March 23, 2010. All applicants both members and non-members will be given the option to take part in the Extreme Brickover Club Edition that will run at the same time as the Couples Edition Challenge. Inquire with the service desk for more information.
14. *If chosen will I have to appear on Television or perform any other duties?*
Yes, you will be required to appear on ABC2 and must be open to talking about your progress during the challenge with Lynne Brick or the anchors of Good Morning Maryland, ABC2. Personal stories will also be done on all 6 couples by Good Morning Maryland, ABC2. Couples will also be responsible for blogging, working with social media (Facebook/Twitter) and any other initiatives **Brick Bodies/Lynne Brick's, ABC2 & Diet-to-Go** deem necessary.
15. *What is Diet To Go?*
Diet-to-Go provides healthy, delicious meals for busy individuals who want to lose weight, maintain a healthy weight, and/or improve their overall well-being. Only the highest quality ingredients are used, and the meals are freshly prepared just prior to distribution. All participants are required to eat these meals during the 8 weeks.
16. *Do I need medical clearance from my doctor?*
Yes, you will be required to obtain a physician's authorization when applying. The Medical Release Form is included at the end of the Extreme Brickover Couples Edition application. These documents must be submitted together for you to be considered for the program.



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