



2018

MY TESTING MANUAL

MY NAME

MY FIRST CATEGORY

MY SECOND CATEGORY

MY OTHER CATEGORIES

WWW.20WEEKCHALLENGE.CO.NZ



CONTENTS

PAGE 2 WHAT TO DO WITH THIS MANUAL

BOOKING IN FOR YOUR TESTS

PAGE 3- 5 FAQs

- GENERAL FAQs
- WHO ARE OFFICIAL VERIFIERS/COACHES
- IS TESTING AWFUL?

PAGE 6 INDEX OF FITNESS TESTING TEMPLATES

PAGE 7- 22 TESTING TEMPLATES

PAGE 23- 24 HOW TO TAKE PHOTOS

WHAT TO DO WITH THIS MANUAL?

1. Use it to record your results in, or something similar. Whatever you use, keep it in a safe place for the purposes of entering your results online with us **at the end** of the Challenge.
2. Show the testing templates to your Official Verifier (Personal Trainer, Physio, Accredited Exercise Physiologist, PE Teacher) so they can help choose the best tests for you. We will also send them a copy when they register with us.



BOOKING IN FOR YOUR TESTS

Book in with your official verifier (OV) to do your initial fitness tests sometime in the first four weeks of the Challenge i.e. between **April 30th and midnight 27th May**. Book in to re-do them again in the last four weeks i.e. after August 20th and before midnight September 18th.

Any tests not requiring an OV, but which say you are doing yourself, need to be done during those four week windows too.

Pre-screens. Unless you see your official verifier regularly, you'd be best to touch base with them before you do your tests so they can ask you a few questions and/or do pre-screen in order to prepare your tests. Pre-screens help them ascertain your current fitness levels and any health issues they will need to take into consideration.

FAQ'S

If you've already looked at our website you will have likely read all of this, but we've included much of it here again for ease of reference. Please get in touch if we've missed anything – catchfitness@gmail.com.

1: Do all categories require an official verifier(OV) to do the testing?

Most do but some don't. See page 6 for details.

2: Who decides which tests to do.

Your official verifier, who has been trained in testing procedures and can call on us for support or advice, in consultation with you, is the best one to decide on what tests you should do, how many tests to do and how to do them. They will take into account your goals, capabilities, medical issues etc before determining these.

3: If my categories don't require an OV do I need to see one at all?

Even if your tests don't require an OV you will need to see a 'coach' at least twice during the course of the Challenge. See FAQ no.9 on the next page for who 'coaches' are.

4: Would you recommend doing fitness tests with an OV even if my categories don't need them?

Yes. Entrants often change categories or opt at a later stage to be included in one of our bonus categories and this ensures they have sufficient tests to do that.

Another reason is because entrants have often told us that their only regret was not doing more tests at the start to see how more awesome they did.

5: What is the cost to get tests done?

Official verifiers charge different rates so be sure to check with them first. You can find more about pricing on our website under the 'Get Started' tab.

6: How long does the testing take?

It depends. Contact your official verifier to find out exactly. It would not be unusual for testing to take an hour though.

7: Can you change categories?

*Yes. You can change both your categories in week 3. We will send you a reminder and a link in week 3. You can also change **one** category in week 16. We'll send you a reminder then as well.*



FAQ'S *Continued*

Attention official verifiers.

Please be sure to register with us via our website www.20weekchallenge.co.nz so you can receive the supportive material that goes with this manual.

If you are a Personal Trainer you must be registered with a member body of iCREPs such as REPs. Please get in touch if you are unsure.

Also, a reminder, you can do one test, or ten or a hundred. You choose what tests to do and how to do them based on your client's goals and capabilities. Please get in touch if you're unsure.

8: Who are Official Verifiers?

OVs or official verifier are registered Personal Trainers and Exercise Consultants with a member body of iCREPs. OVs also include Accredited Exercise Physiologists, Physiotherapists and Physical Education Teachers. If in doubt, give us a shout.

9: Who are 'Coaches' and where do they fit in?

In-between your first and last testing sessions you also need to check in with a 'coach' at least another two times.

You can choose different coaches for these in-between sessions and you can do them via Skype or similar, providing they are still one to one i.e. just you and them.

We recommend that you wait until the 20 Week Challenge gets started before deciding which 'coaches' you should use.

- a) REPs registered personal trainers (or equivalently registered in your country,)
- b) Accredited exercise physiologist
- c) Physiotherapist
- d) Physical education teacher
- e) Counsellors and therapists who are full members of their respective association.
- f) Dietitians
- g) Degree qualified nutritionists
- h) Podiatrists, as well as
- i) Occupational Therapists
- j) Qualified Sport and Dance Coaches (in running, swimming, cycling, tennis, athletics, dance etc) that hold first aid certificates and do coaching in a paid for role i.e. not volunteer coaches.

10. Is fitness testing awful?

A. Only 0.59% of entrants have told us testing was 'awful'.

Need reassurance? Read on.

Lots of tests don't require physical effort if that's what is scaring you. The ones that do, are matched to your abilities and you'll most likely get to have a say in. For example, one entrant may have their cardiovascular fitness tested on a bike, another doing sprints on a treadmill and another while walking around a park.

Some entrants may do a 'maximal' test if they already have a good level of fitness, while others will do an easier, but equally useful, 'submaximal' test.

Your official verifier will likely do a pre-screen with you and ask you a lot of questions to ascertain your capabilities and preferences.

They will also likely go out of their way to ensure you feel totally comfortable with whatever tests they think would be useful for you.

Tests not only show us how awesome you do over the 20 weeks, they allow the experts, the trainers, to write you effective and safe programs and to make quality tweaks to those programs as you go along. This is the biggest, best reason to do them regularly whether you are doing a challenge or not.



PT Roger with entrant Wendy and a picture of how much weight, represented by boxes of chocce, that Wendy had lost.

Entrants talk about their tests.

"I think fitness testing is essential. I made it through the 20 weeks with a lot of challenges along the way, and by week 19 I was freaking out and thinking I hadn't really achieved anything. When I had my final testing my mind was totally blown. I was SO happy to have the testing done and seen that I'd improved in every single thing that I was tested for at the start."

"I was really, really nervous but once I get into them I enjoy it."

"Sense of satisfaction to have finished them!"

"The race is long but it is only with yourself - testing at the start and finish shows you the results of your hard work and effort. If you want better results you know what to do next time."

"Fantastic reality check and reminder of how much I have improved over the past 20 weeks while showing me the areas I can improve on going forward."



FITNESS TESTING TEMPLATES

More details on each page.



OV = Official Verifier

Circle two categories	Who does testing	Page
Abdominal	OV	7
Adventurers	Entrant	16
Balance	OV	8
Cardiovascular	OV	9
Flexibility	OV	11
Lower Body	OV	13
Maintenance	OV	14
Strength	OV	15
Ultra	OV	16
Upper Body	OV	17
Rocking the Recovery	OV & Entrant	19
Skill Me Up	Both	20
Entrant's Choice	Depends	21

Circle any of these you wish to enter and are eligible for.	Who does testing	Page
Overall Body Change	OV	18
Lifestyle	Entrant	22
Overall Entrant	Entrant	23
Best Buddies	Entrant	23
Couples	Entrant	23
Early Starters*	OV	11
Pets and Peeps	Entrant	23
New Mums	Entrant	23
OPALS	Entrant	23
Workplace Angel	Entrant	23
Team Challenge	Entrant	23
Youth	Entrant	23

Categories requiring an OV's involvement at the testing stage have the ICREPs logo in the right-hand corner of the page.



Desire a shapely waist or an envious six pack? Know how important strong abs are to overall fitness, posture and great backs? Then choose this as one of your categories. Includes pelvic floor strength goals and those wanting to recover post any abdominal surgery.

	TYPES OF TESTS	Nb to Official Verifier - Provide brief description of test used.	Start Result	End Result	Change	% Difference
<i>Ex</i>	<i>Muscular endurance</i>	<i>Plank on all fours – hands/feet.</i>	<i>60 sec</i>	<i>120sec</i>	<i>60 sec</i>	<i>100%</i>
1	Strength Test 1					
2	Strength Test 2					
3	Muscular endurance					
4	Visceral bodyfat					
5	Abdominal skinfold					
6	Total bodyfat					
7	Belly Button measurement					
8	Girth measurement 2					
9	Pelvic floor					
10	Photos front					
11	Photo side					
12	Total weight					
13	Postural test					

Note/Comments/additional tests



BALANCE



A great one for entrants who want to take up tight rope walking, or who just want to not fall over when they stand on one leg.

As with most of our categories your OV will choose the best balance tests for you.

Supportive video evidence is also accepted for this category if you and your OV want to do this but it's not compulsory. Simply film it on your phone and then upload it to You Tube (private settings are fine) and share the link with our judges at the end of the challenge.

	Test Name	OV to provide description of test used or URL link to test.	Start Result	End Result	Change	% difference
1						
2						
3						
4						

Note/Comments/additional testing

CARDIOVASCULAR

Haven't done anything fitnessy for a while? Want to go from being a walker to a runner, hike happily up hills or just not puff going up stairs? Then this is the category for you.

Your OVs will be able choose the best tests for you, catering for your fitness levels and results of any pre-screens you have done with them.

	CARDIOVASCULAR OPTIONS		Start Result	End Result	Change	% Change
	Test Name	OV description of test/machinery used				
1	Resting heart rate					
2	Blood pressure					
3	Girth measurements Waist/Hip and or WHR					
4	Visceral bodyfat, (otherwise abdominal skinfold otherwise overall bodyfat.)					
7	VO2 max					
8	Maximum heart rate					
9	Recovery RHR	at end of 1 minute				
10	Recovery RHR	at end of 2 minute				
11	Recovery RHR	at end of 3 minute				
12	Time taken to cover set distance					
13	Distance covered in set time					
14	Weight					
15						

Note/Comments/additional testing



EARLY STARTERS



**Keen to get going early?
Do your own pre-challenge challenge.**

Simply have your OV test you in the areas important to you anytime after February 14th, 2018 and again before May 27th. This period of time will become known as your Early Starter Challenge. We suggest doing one test for each of the areas we've listed if you're unsure what to focus on for this pre-challenge Challenge, but it's totally up to you and you may have something in mind that's not even listed below which is fine too.

Test Name	OV's description of test/Machinery used	Start Result	End Result
Cardiovascular			
Strength			
Flexibility			
Balance			
Weight			
Bodyfat			
Muscle Mass			
Waist measurement			
Blood Pressure			

Note/Comments/additional testing

FLEXIBILITY



If you'd love to touch your toes or maybe touch your ears with your toes then enter this category.



As with most of our categories the OV they will be able to choose the best tests for you.

OVs We recommend you do at least an upper body and a lower body test (ideally two of each) and where possible do left and right sides separately.

Apart from writing down measurements entrants can also use photos showing best effort at the start and at the end. *Photos need to be taken by the OV* and entrants can send these to Catch Fitness at the end and use them for reference and motivation in between time 😊.

	FLEXIBILITY	Description of test	Start Result	End Result	change	% change
	Test Name	Photographic evidence allowed – just email a copy to the entrant who will be able to upload these at the end.				
1						
2						
3						
4						
5						
6						
7						
8						

Note/Comments/additional test

From butt to big toe this is the category for those yearning for a fab set of pins and a great toosh.

Like our other categories the OVs will choose the best tests for you from the suggestions we've included below. Photos can also be helpful. **OVs** – where possible test and record results on left and right side of entrant body.

	TYPES OF TESTS	Description of test.	Result 1	Result 2	Change	% change
1	Strength 1					
2	Strength 2					
3	Strength 3					
4	Strength 4					
5	Muscular Endurance					
6	Postural 1					
7	Postural 2					
8	Site specific bodyfat 1					
9	Site specific bodyfat 2					
10	Site specific bodyfat 3					
11	Total bodyfat					
12	Total muscle mass					
13	Girth measurement 1					
14	Girth measurement 2					
15	Girth measurement 3					
16	Flexibility/ROM 1					
17	Flexibility/ROM 2					
18	Photos front					
19	Photo side					
20	Total weight					
21						
22						

Note/Comments

MAINTENANCE

One of our hardest categories! Getting fabulous improvements can be very motivational but what happens when it's time to just maintain those great results. This category acknowledges the challenges of staying on track.

Your OV will choose the best tests for you from the suggestions we've included below.

The idea here is that your 2018 goals are to pretty much maintain your improvements from at least September 18th 2017 (although you can certainly go back further than that) to the end of this one. While you don't need to have entered a previous 20 Week Challenge to enter this category, it's essential that an OV did the tests from whatever date you wish to go back to.

			Date 1 (2016 or before) and results	Date 2 and results	Date 3 and results	Date 4 and results	Date 5 and results
	MAINTENANCE						
	Test Name	Description of test.					
1	Strength 1						
2	Strength 2						
3	Bodyfat						
4	Muscle mass						
5	Total weight						
6	Total bodyfat						
7	Waist measurement						
8	Photos						
9	Flexibility						
10	Cardiovascular fitness						
11	Resting heart rate						
12	Other						
13	Other						
14							
15							

Note/Comments/additional tests

If your dream is to lift, push or pull bigger weights than you already do then this is the category for you.

As with most of our categories the OVs will choose the best tests for you from the suggestions we've included below.

OVs we've included an example of a strength test that could be performed on a machine, with dumbbells, bands, a pet dog, on a decline, incline, etc. The options are endless so the more we know the better when it comes to describing how you performed this test. Also, its important you use a rep range of 15 or less reps for your 'main' tests, that the judges can refer to, although you are welcome to include a muscular endurance test if doing full pushups or chin-ups i.e. going beyond the 15 rep range for these two exercises.

	Name of Test	OV description of test	1 st Result in Kg	Reps	Type of weight used	2 nd Result in Kg	Reps
Ex	Bench press	Using a narrow free-standing bench, wide hand grip, feet flat on floor, bar to chest to arms fully extended, no rest at top or bottom of the movement	30	5	Barbell & plates	40	7
1							
2							
3							
4							
5							
6							
7							
8							

Note/Comments/additional tests

Been competing in events for a few years? Already have great cardiovascular and/or strengths levels? Know how to train, eat and recover well and want to focus on personal bests, longer distances and/or harder events? Then this is the category for you.

This category is only for people that are well trained and already fit. Below are a few ideas around the testing you and your OV could do for us.

It doesn't matter what discipline you choose Ultra in either – could be kayaking, cycling, multi-sport events, climbing an ice face, cross-country skiing etc.

	ULTRA	Description of test	Result 1	Result 2	change
1	Time taken over set distance				
2	Time taken over set distance				
3	Time taken over set distance				
4	Distance covered in set time				
5	Distance covered in set time				
6	Distance covered in set time				
7	Resting Heart Rate				
8	Blood Pressure				
9	VO2				

Note/Comments/additional tests

For the entrant who is chasing stronger, more toned shoulders, back, chest and arms.

As with most of our categories the OVs will choose the best tests for you from the suggestions we've included below. There are too many variables as it relates to your individual capabilities for us to decide the exact tests they should do to ascertain some of this data, so with your input, your PT will select these. **OVs** – where possible test and record separately for left and right sides of entrant's body.

	UPPER BODY	PT description of test.	Result 1	Result 2	Change	% change
1	Strength 1					
2	Strength 2					
3	Strength 3					
4	Strength 4					
5	Muscular Endurance					
6	Postural 1					
7	Postural 2					
8	Site specific bodyfat 1					
9	Site specific bodyfat 2					
10	Site specific bodyfat 3					
11	Total bodyfat					
12	Total muscle mass					
13	Girth measurement 1					
14	Girth measurement 2					
15	Girth measurement 3					
16	Flexibility/ROM 1					
17	Flexibility/ROM 2					
18	Photos front	(Put 'yes' if done)				
19	Photo side	(Put 'yes' if done)				
20	Total weight					
21						
22						

Note/Comments/additional tests

OVERALL BODY CHANGE

For entrants chasing all over positive changes in shape, fitness, strength, body fat, muscle,



In addition to the two categories you have chosen, if you're keen to be considered for this one it means your OV should do a little bit of fitness testing across a range of other areas. You should also take full frontal, side and rear photos which you can send us at the end of the challenge (see pages at end of manual for tips on how to do great photos). If you want you could include here the results of any other health/fitness markers you or your OV considers important as well for instance hydration levels, cholesterol, improvements around the symptoms of a chronic illness etc.

	OVERALL BODY		Date 1 (2016 or before) and results	Date 2 and results	Date 3 and results	Date 4 and results	Date 5 and results
	Test Name	PT description of test.					
1	Strength 1						
2	Strength 2						
3	Bodyfat						
4	Muscle mass						
5	Total weight						
6	Total bodyfat						
7	Waist measurement						
8	Photos	(Write YES if done)					
9	Flexibility						
10	Cardiovascular fitness						
11	Resting heart rate						
12	Balance						
13	Other						
14	Other						
15	Other						

Note/Comments/additional tests

ROCKING THE RECOVERY



This is for those who in the process of recovering from an injury. It is the one category that people can move into at any stage during the Challenge i.e. if they suffer an injury along the way, they can drop one of their other categories and pick up this one.

It's also a great category to help people stay motivated and on track with their rehab.

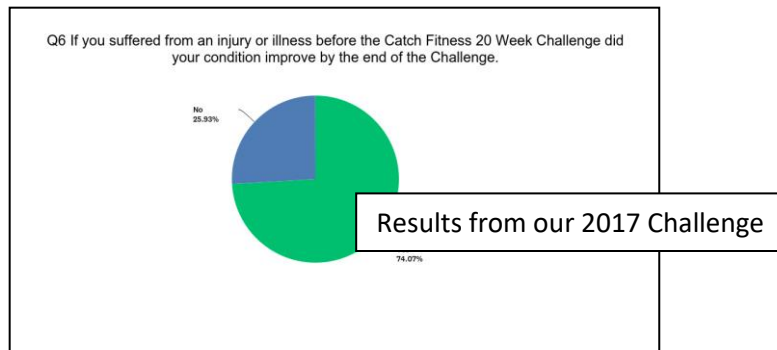
Testing. Entrants are encouraged to provide robust evidence around the state of the injury when it was incurred, it's status at the start of the Challenge and again at the end.

For example, one winner provided us with:-

a) pictures of her X-ray taken after the accident, and b) a letter from her physio commenting on her condition at the start of the Challenge, and c) a letter from her physio acknowledging all she had achieved by the end.

Another entrant listed several activities she couldn't do because of the injury and updated us at the end of the Challenge with how she was getting on with them which her Official Verifier confirmed.

Ideally, in your final report, provide evidence around what you did along the way to help you recover, for instance, 2016's finalist Richard told us how he saw a physio every week to rehab his shoulder, which after five years of pain ended up completely recovered after 20 weeks of focused effort. 😊



	Type of Injury =	
	Status entering challenge or when injury occurs	End of challenge status
1		
2		
3		
4		
5		



SKILL ME UP

Keen to take up a new activity? Surfing, tennis, karate, bowling, gymnastics, pole dancing or sailing maybe? Whatever it is, see how good you can get at in 20 weeks to be in to win this one. The only rule is the activity needs to be new-ish to you (i.e. you haven't done it more than 2 or 3 times, ever) and you're keen to get good at it.

Example: Imagine you've chosen tennis as your skill. The 'tests' could mean telling us about your current skill level i.e. can you hit the ball over the net, place a serve confidently, engage in a short rally etc. Then tell us the steps you took to get better at this skill, for instance, did you join the local tennis club, have a lesson once a week etc. How were your skills at the end and what evidence do you have of your improvements? Did you compete? What did your coach say?

The fitness testing role of the **OV** for those entering this category should still be to test your base fitness so think resting heart rate, blood pressure, strength and cardio fitness and generally help you ensure you are fit enough and training appropriately for your new-found skill, without risk of injury.

	Skill chosen =	
	Starting Status	End Status
1		
2		
3		
4		
5		
	What steps you took	
1		
2		
3		
4		
5		



ENTRANT'S CHOICE

For entrants who have health and fitness goals not covered by our other categories like improving their agility, or the speed at which they can bowl a cricket ball or coping with ongoing pain or depression, overcoming addiction, improving blood pressure, a skin condition, cholesterol levels or confidence.

Define your goal and then get as specific as you can in describing your current status and what you're wanting to achieve.

If for example you feel like 'crap' and want to feel great, or you think you 'bowl like crap' in cricket and want to bowl 'awesome' you'll need to define 'crap' and 'awesome' for us and give us examples of what those terms mean for you. Does feeling 'crap' mean you have headaches on average 5 days out of 7, are moody, feel tired all the time etc? Can you define on a scale of 1-10 how moody/tired you are?

At the end of the Challenge, tell us about the steps you took to improve things and how you got on. Any additional evidence you can provide us around your achievements is also appreciated, which might include say a letter from someone who's seen the change in you.

	Entrant Choice is ...	
	Starting Status	End Status
1		
2		
3		
4		
5		
	What steps you took along the way	
1		
2		
3		
4		
5		

Make positive changes to your overall lifestyle and you'll also be in to win this one.

Using the template below or something similar, list the current habits/lifestyle elements you hope to change in column 1 and their current status in column 2. Add more during the 20 weeks if others come to light. At the end we'll ask you to describe how you feel from having made the changes. Examples might include everything from changing sleeping, eating and exercise habits to ones around self-talk, self-belief, punctuality, or tidiness. You could put down 2 or 20 or 140 elements you'll be addressing in your 20 weeks.

	Habit	Current Status	What actions I took towards changing this habit.	End Status
1	<i>Example Sleep</i>	<i>4 – 5 hours a night</i>	<i>Turned off electronics at 8pm, no coffee after 2pm, read book from 10pm, exercised 5 days out of 7.</i>	<i>7-8 hours</i>
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Best Buddies	Adventurer
Couples	Overall Entrant
Pets and Peeps	Workplace Angel
New Mums	Team Challenge
OPALS	Youth

OPALS, YOUTH, NEW MUMS.

For **OPALS** (aged 65 or over as of June 30th) and **YOUTH** (16 or under as of September 18th 2018) and **NEW MUMS** (mums who have had a baby in the 24 months before May 1st2018), other than being tested in your two chosen categories there's no additional testing you need to do for these.

For all of the following categories, no additional testing is required by Official Verifiers either but we do recommend setting up a Facebook page or group or blog and posting your pics/videos and stories on it. You certainly don't have to but something like that can be a neat way to keep track of your journey and make it easier for other team members, your partner, buddy etc to contribute pics, ideas etc to, plus it can make an awesome time-capsule to come back to in future years and you can share the link with the judges at the end.

If you do set up a page, group or blog, rest assured, you can keep the page private and at the end of the challenge share it with our judges or you can make it public from the outset so the whole world cheer you on.

ADVENTURERS – One of our 13 categories.

Feel up for climbing 20 mountain peaks in 20 weeks? Kayaking the Abel Tasman? May jump out of planes and off buildings and bridges? This category is for entrants who are keen to embark on unusual and exciting or daring experiences.

OPTIONAL EXTRA CATEGORIES

- **Best Buddies**
For great friends who want to support each other on their 20 Week Challenge™ journey, whether that's by training together or competing against each other!
- **Couples**
For entrants who are couples, either married or de-facto, who support each other on their 20 Week Challenge™ journey, whether that's by training together or competing against each other!
- **Pets and Peeps**
For entrants keen to train with their pet. Whether they need to get fit or not have them join you on some of your fitness adventures and you'll be in to win this one.
- **Team Challenge**
For teams of between 4 and 7 entrants, who all train with the same PT and who complete the three Catch Fitness 'mini - anyone can do - team challenges' that we set during the 20 Week Challenge™. Only 1 team member needs to do the Facebook reporting but ideally all members get involved in it.
- **Workplace Angel**
Recognizing our work affects our health and vice versa this category is for those wanting to challenge themselves to be healthier at work and maybe to help others to be too. Tell us what you get up to make your workplace a healthier, happier place to be in to win this one.

OVERALL ENTRANT

This award goes to an entrant who gives the challenge their all. They have a go at as much as they can, they exude a 'can do' attitude and in so doing inspire others into action as well. We will invite you to submit evidence at the end but our judges will be watching from afar for the whole journey as well.

PHOTOS

Not every category requires photos but even so, doing a set of them can be a great idea, even if you never show them to anyone.

There are two types of photos, testing photos and ‘WOW photos’.

1. OFFICIAL TESTING PHOTOS

How to do them

- A. **Wear tight clothing.** A full length and/or full sleeved shirt is fine, just keep it tight.
- B. **Wear contrasting colours.** Choose colours that stand out from a) your skin colour and b) to what is behind you. Plain walls work best although additions of postural charts are advantageous if your PT uses them.
- C. **Consistency is key.** Stand in the EXACT same spot each time. Mark the spot on the ground or measure it out. Equally important is to have the photo taker stand in the EXACT same spot too and using the same amount of zoom. Please don't adjust the size or shape of photos afterwards in an effort to try and match them up as this can result in distortion and photos may then be ignored completely by judges as a result.
- D. **Lighting.** Keep lighting the same by taking photos inside, away from windows.
- E. **All sides:** Take photos from all angles front, back and both sides.
- F. **If your OV is NOT taking the photos you will need to hold that day's newspaper** in one of the before and one of the after photos so that the front page of the newspaper is visible allowing the judges to check the date.



Above: Lisa – a great side series. Sizing is accurate. Only suggestion would be to have had a plain wall the background.



Above: Paulette – We love the choice of clothes and background here.

Below: Peter – While you don't have to take your shirt off if you have entered the Abdominal or Upper Body categories then a visual like this can be helpful (in addition to strength, flexibility and other tests that your trainer deems important to these areas).



2. THE WOW PHOTOS

If you're hoping that a fringe benefit of doing this 20 Week Challenge is a change to your bodyshape then we'd recommend doing 'wow' photos.

How to wow. Either select one of your favorite items of clothing, that you really wished fitted awesomely and take some photos trying to get in to it, like the pics on the right, and then again at the end when you do fit into them.

While our judges prefer that option, another option is to keep an item of clothing handy for some post challenge shots like the ones below.

You can do these yourself or ask your trainer to help you with them.



PHOTO NOTES

- **At the end of the Challenge upload your pics** into your online report. We will send you the link.
- **Will they go public?** You'll be able to state in the report the extent to which we can use any of your pictures publicly.
- **Note, we disregard photos** where there is a lack of consistency between the before and after photos and/or where any adjustments have been made to the photos.
- **Photos are only one piece in the jigsaw of judging**, even when they are a pre-requisite of a category, sending in them alone would not be enough for you to win any category.
- **Glam photos.** A number of entrants have booked themselves in for a glam photo-shoot at the end of the Challenge. Some even pre-paid for it at the start. Please email us if you'd like to see some of them and get a few glam ideas about what you too could do



Rising to weight loss challenge

By RICHARD MAYS

"I've got a big pile of clothing I can't wear any more."

David Hadfield's complaint is made for all the right reasons. Some five months ago, the member of the Lincoln Army Legions and supply group decided he needed to be fitter, healthier... and smaller.

That he succeeded means the Red Cross will probably be the beneficiary of his old oversized clothes.

David's wife Michelle has cancer. In and out of remission since 1996, her parlous state of health finally provided the soldier with the inspiration to "shape up".

"Michelle is my motivation. I needed to take better care of myself so I can take better care of her," David explains. "If I'm in bad shape, I can't support her."

At 176 centimetres tall (5ft 7ins), the 48-year-old weighed in at 98.2 kilograms.

David made a decision to join a gym, signing on at Snap Fitness. He might have made progress on his own, but noticed a poster for the national 20-week Catch Fitness Body & Lifestyle Competition coordinated locally by Snap Fitness personal trainer and chef, Roger Symes, who also runs Body Transformers NZ – an enhanced exercise, nutrition, massage and support programme.

"Food and exercise is what I do," says Roger, who is also a competitive bodybuilder. "I've spent the last 30 years helping make people fit, and it is possible for anyone to make a personal change."

"After talking with Roger about the challenge programme and competition, David

Earlier this month David won two awards at the Catch Fitness Body & Lifestyle Competition held in the Chateau on the Park in Christchurch – best Male Upper Body and best Male All Over Body. Roger's class also produced seven other finalists across six categories.

While recognition for his achievement is great, the real prize has been the physical

week for weight training, as well as undertaking cardio work on the treadmill or spin bike. "I might get together with a mate and do the Massey stairs for a bit of variety."

Maintaining and building on his new figure also relies on eating wholesome food, sensible portions and "behaving myself" he adds with a grin.

The 20-week challenge takes off with

Slimmed down: David Hadfield shows off a pair of shorts he can almost fit into twice after taking on a 20-week body and lifestyle competition. Photo: DAVID LINNIN/FAIRFAX/NZ

