

Our third annual Transformation Challenge contest was a huge success! We had 10 teams of five that transformed their bodies into our mission statement of looking, feeling and performing better. The winning team (Flab-To-Less-Five) earned \$3000 by losing the largest percent of body fat and gained the largest percent of muscle. There were four body composition analysis scans performed during the 6 and a half-week contest. The scans documented skeletal muscle mass and fat in pounds, total body water and most importantly body percent fat. This is a huge difference than reading just a scale number that tells very little about body composition. An individual on a scale does not know if the increase in scale number is gained muscle mass (which burns fat) or gained fat and loss of muscle (which is done with steady state cardio).

The transformation idea was to change the scope of people's view on "weight loss" and "getting in shape". It is not "weight loss" it is "losing fat" by building muscle. It is not "getting into shape" rather improving upon movement performance. Lifting groceries or a child is an act of performance as much as riding up the Teton pass or running on Putt Putt trail. Dropping 2 dress sizes and feeling strong and good about one's self is different than dropping 50 pounds of just total weight and putting it back on because one did not believe she could feel strong and good about one's self.

Team Flab-To-Less-Five lost cumulatively 41.1 pounds of fat. They lost 18.1 percent body fat and gained 7.5 percent muscle as a group. There were two women and three males with a mean age of 47. They outlasted the second placed team of four males and one woman whose mean age was 43.6 for those who think that older individuals get the short end of the stick...not always true!

Our female MVP is a 30-year-old female lost 7.5 pounds of fat; gained 2.9 pounds of muscle dropped 3.3 percent body fat and gained 4.7 percent muscle. This is pretty incredible considering the fact that she is 59 years old and the body takes longer to recovery and is more difficult to gain muscle at her age.

Our male MVP is a 57-year-old male who lost 12.8 pounds of fat and gained .8 pounds of muscle. This gentlemen was our sleeper. He always trained hard with a bucket of sweat in his spot but never complained and did everything we asked.

Our strategies we considered were- *reduction of stress, consistent nutrition, resistance (strength) training and interval training, and recovery from workouts* together. These factors are what our participants learned to evaluate for themselves in order to achieve the best results.

We took all of the above components in order to make changes. Most individuals changed a few of these components only when in fact all of them required change to be successful. If you made a six-figure income last year, it is difficult to make a seven-figure income the next year without change. The whole gambit of the contest was for one to learn how you respond to mental & physical stress, nutrition, resistance and interval training and recovery together between each measurement scan. One component alone only goes so far.

A interesting fact is that a large number of people realized that skinning up the pass; cross country skiing, skiing more with only one resistance training session a week did not reduce his/her fat loss. The proof was in their measurement body composition scans. What participant's realized based on the scanner numbers was that the more aerobic activity that was performed, the more the total weight went down but the body percent fat went increased and no muscle was gained. He/she was losing muscle.

What T2BB is trying to accomplish is not to limit your outdoor activities but realize that resistance training will reduce fat if losing fat is your goal. We do not want anyone to give up what he/she does outside especially if that is his/her reason for living here. What we want is people to look at what goals he/she have and approach with the correct modality of accomplishing their goals. At T2BB we cover all of them that is why our mission statement is making you look, feel and perform better...covers about 97 percent of what everyone wants!

To put it in perspective, we had a cumulative 594 pounds of fat loss from 135 contestants. Most of them were women between the age of 30-50. We also had and out standing cumulative 240% body fat lost! I applaud everyone who participated in this contest for an outstanding effort and understanding to achieve their goals to transform! I am proud of you all!

