



2022 OCF Annual Nutrition Challenge

January 31 – April 8

10 Weeks

It is time for our annual nutrition challenge. Nutrition is the single most important aspect of our health and in this event our focus is not just to get you to make better choices but to transform your lifestyle so that long after the challenge is complete you still have the knowledge of what you should eat, how much you should eat, what to stay away from. When we pair good nutrition with a consistent exercise activity during the week the results not only in overall health improve but our physical composition changes our appearance. There is no event anywhere in our communities where nearly 160 people are doing the same exact thing as you will be for a better and nutritional lifestyle.

What: 10-week nutrition and fitness challenge

When: January 31 – April 8

To Participate:

1. \$125.00 entry fee which includes before and after body composition testing
2. Click the link on our website to schedule your bod pod appointment. Bod Pod results will be used to generate your nutrition template as well as the scoring basis for challenge results and winners.
3. Take 3 pictures: front, back, and right side (profile). These pictures are for you to see how much progress you make! You'll be glad you did. **HIGHLY RECOMMENDED!!!!**
 - a. Men – take pictures in shorts, no shirts. Ladies – sports bra and shorts.
These pictures will not be shared with anyone else!
 - b. The “after” pictures should be taken in the exact same clothes, same lighting, same room.
 - c. Submit photos to ocfnutritionchallenge@yahoo.com no later than January 31.
4. Please use a macro tracking app to ensure you can keep record of your plan and success.

Winners:

1st place Men and Women Winners – 10 -month free membership

2nd place Men and Women Winners – 3-month free membership

Points and Scoring

Total scoring will be based on body change. Body fat % is a clear indicator of success as it accounts for your total lean mass and total weight.



Bonus Points

Losing a pound of fat and gaining a pound of muscle is the ever-elusive goal of bonus points. We have chosen to award bonus points based on losing fat and/or gaining muscle.

(Individual)

Total Score = (BF% lost) + 1 point per pound of fat lost + 1 point per lean muscle gained

***Individual**

- Individuals will check in every Sunday with their weight.

(Team)

Teams are not required this year but are optional. Teams helps provide a valuable support system.

Finishing:

Our aim is to arrive at the end of the challenge with people seeing the hard-earned results of making better food choices, fueling the body properly, and pushing harder in workouts to challenge the body system.

- We will hold 2 nutrition seminars via Facebook live with dates to be announced. These seminars are to explain the why, how, what, and when for nutrition and you will learn a general view of how biochemistry and your body responds to food at the right amounts and at the right time of day.
- We want you focused on MACROS and we have standardized templates per ranges of Lean Body Mass (LBM) levels so it's easy to follow and utilize. This will better help you to focus on proteins, carbs, and fats in their purest form.
- We will review this template and how to use it during these seminars. This will also be the time to ask all the questions you may have about anything under the sun. If you ask it, then we will answer it!

While we are not fans of people using a scale, we will ask you to weigh once per week and submit your weight. This helps us ensure the trend is moving in the right direction. Remember that the number on the scale is not important because it merely states where you are that day.

How bad do you want a change in energy, appearance, and overall health? Those who want it will stop at nothing to get it. This is your chance to see if you can take control of your own health or if you will leave it to chance or "guess work." Our method has been proven time and time again. ***Always remember that the result is a reflection of the effort put into the work!***

*As with any dietary change if you currently have any condition, existing or unknown, that may negatively affect you by altering your nutrition then we insist that you speak to a healthcare physician before any drastic change occurs. We want you to be healthy, but your safety is the number one priority.



Think a little different this year. We have always developed the best tool set to help you accomplish your goals but there are still some that see things in a manner that contradicts proven fat loss methods. Below is a picture of what the fitness industry calls “The Golden Pyramid of Fat Loss.” What you have to take away from this is that some parts are more important than others. Some parts you may prefer or like more than others and I’ll be quite blunt for those (you know who you are) that love cardio overweight lifting. If you prefer and do more cardio than the pyramid doesn’t work. You won’t burn as much fat; you won’t transform the shape of your body and muscles and the progress will stall much sooner. I know cardio is good, but it is simply a tool and it does help mental clarity and stress for some BUT if your goal is to look different it is the least important tool you can use. Try to do things differently. We are not saying don’t do cardio, but we are saying sometimes to get the results you want you have to sacrifice what you like most for something that is less favorable.

