

**Susie Long Weight Loss Challenge 2012
In association with**



it's for all of us

BodyLight Weight Loss Program

APPLICATION FORM

Name: _____

Category (Individual, Couple or Team): _____

Address: _____

Landline Tel No: (0) _____

Mobile Tel: _____

Suggested Team Name (if applicable): _____

Team Captain's Name (if applicable): _____

Teams Captain's Mobile Number: (0) _____

Preferred Class location (Kilkenny, Carlow or Athy): _____

Date of Birth DD|MM|YYYY: _____

Height: _____

Medical Conditions please state: _____

State where you heard of the Challenge i.e. Newspaper, Radio, Poster, Facebook etc:

BodyLight Information Pack

Introduction

The BodyLight weight loss plan is a healthy eating plan. The first class the entire eating plan is explained in full detail and you will be given a weekly food tracker to be completed by all in order that it can be reviewed regularly by the class leader. Advice is given on better choice and food combinations throughout the 10 week period.

The plan is 100% food based with no special bars or shakes to be taken as part of the plan. It is not expected that you will feel hungry on this healthy eating food plan. Portion sizes are explained and demonstrated on a weekly basis.

There is a motivational talk at each class with a printed handout of the talk to be taken home if you are too busy to stay for the class talk.

Start dates

The program will be held over a 10-week period which commences in Athy on the 31st January 2012, Kilkenny on the 2nd February 2012 and in Carlow on the 3rd February 2012.

Finish dates

The last class will be held in Athy on the 3rd April 2012, Kilkenny on the 5th April 2012 and in Carlow on the 6th April 2012

Location of classes

Kilkenny: Hibernian Hotel, Ormonde road, Kilkenny on Thursdays of each week

Carlow: Talbot Hotel, Portlaoise road, Carlow on Fridays of each week.

Athy: Church of Ireland Centre, Janeville lane, Offaly street, Athy, Co. Kildare on Tuesdays of each week.

Class Times

8am- 10.30am, 12.30pm-1.30pm & 5.30pm-6.30pm (at each location above).

Cost of program

€100 per person on the program

Couples: €150 per couple

Team Prizes

There are 4 prizes:

- Individual with highest percentage of weight loss over 10 weeks as a percentage of their initial starting weight
- Couple with highest percentage of weight loss over 10 weeks as a percentage of their initial combined starting weight
- Team with highest percentage of weight loss over the 10 weeks as a percentage of their initial combined starting weight.
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- Team who has raised the highest amount of sponsorship monies for Susie Long

Please remember that 100% of the monies raised goes towards the Susie Long Hospice Fund.

There will be a presentation night for the prizes in April 2012.

You will not be able to win two prizes. BodyLight and Susie Longs decision will be final.

We hope that the above clarifies some of the questions you may have.

Please email: thomasgeraldbrennan@gmail.com or telephone/text: 087 222 89 11 if you require any further information on this challenge.

Background

BodyLight was founded by Thomas Brennan from Co. Kilkenny in 2011. Thomas developed the programme in order that people have a simple to follow healthy eating plan which will assist people to lose weight and help keep it off for good. The plan will work for men and women alike. There are no special diet products or gimmicks, just healthy wholesome everyday foods.

Thomas lost 3.5 stones in 2008 and has kept it off since. He has helped hundreds of people with weight loss classes since September 2010.

Thomas is so proud of his new plan that he is willing to offer a moneyback guarantee if you don't get any weight losses in the first 4 weeks (some terms & conditions apply).

So what have you got to lose and give it a try?

Friendly & fun class atmosphere!

Mission Statement

BodyLight mission is to provide a slimming club for both men and women, which focuses on weight loss results. Getting you to your target weight is our priority. We love seeing you gain with confidence as you shed those unwanted pounds. The slimming club has a weight loss guarantee or your money back. There nothing to lose in club except pounds. There are a number of services we provide

1. One to one meeting in the comfort of your own home
2. Group classes with a one to one feel about them. See Class locator for your nearest Class.
3. Slim in work. Minimum of 8 work colleagues required and we can conduct the class at lunch time at your place of work.for a 10 week program.

Remember, under 16 years of age come free with a fee paying adult. There are special rates for couples, students and over 60s.

Co. Kilkenny

Kilkenny City:

Venue: Hibernian Hotel, Berkley Room, 1 Ormonde Road, Kilkenny

Times: 8am-10.30am, 12.30pm-1.30pm & 5.30pm to 6.30pm

Frequency: Every Thursday

Co. Carlow

Carlow Town:

Venue: Talbot Hotel, Ashfield Suite, Portlaoise Road, Carlow

Times: 8am-10.30pm, 12.30pm-1.30pm & 5.30pm- 6.30pm

Frequency: Every Friday

Co. Kildare

Athy:

Venue: Church of Ireland Centre, Janeville Lane, Offaly Street, Athy, Co. Kildare

Times: 8am-10.30am, 12.30pm- 1.30pm & 5.30pm- 6.30pm

Door Code: 0135

Frequency: Every Tuesday

Class Membership Costs

- Joining Fee Adult (includes first class) €20
- Joining Fee for Couple €25
- Joining Fee Student*/Over 60 €15

*Valid ID required

- Weekly Adult Class fee €10
- Weekly Couple Fee €15
- Student*/ Over 60 €8

*Valid ID required

Slim in Work:

Minimum of 8 work colleagues.

€100 per person for 10 week program at lunchtime in your place of work

Larger groups will get a discount please telephone 087 222 89 11 or email: thomasgeraldbrennan@gmail.com

One to One:

- Adult one to one €30 per hour in you home
- Student/ Over 60s €25 per hour in your home

The Future

Thomas Brennan wants to develop a nationwide availability of classes throughout Ireland by 2013.

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