

By Paul and Carolyn Feters



The Tspot Takedown Challenge

We had an exciting thing happen for both Training Spots that started in March and ended six weeks later. We did our own version of the successful TV show, “The Biggest Loser.” We called it “The Tspot TakeDown Challenge.” Twenty-six challengers from both the Gothard and Main St. gyms joined in and what a great experience everyone had! What we offered that the television version doesn’t offer is the diet portion. It was very important to us that not only would our challengers lose weight on a weekly basis, but they also needed to maintain this lifestyle beyond the six weeks.

Between the two gyms, our 26 participants lost a combined 415 pounds! Tspot...in town (Gothard) beat Tspot...at the beach (Main St.), by losing 267 pounds to Main’s 148 pounds! First place through third place prizes were awarded and weekly winners were recognized, including certificates for “Tried the Most Recipes,” “Overcame the Most Obstacles,” etc. We celebrated together at the end with a fabulous dinner party!

Each week, our challengers received a new menu, complete with recipes, portion sizes that were appropriate for them and a cardio recommendation. All of our challengers already train with us, but they were on their own to get in their cardio. Remember, this was a challenge, so the competitive aspect really took hold of many of the challengers and they literally ran with it! When we met for our optional weekly Sunday trail walk, it soon turned into a full-out sprint for a few!

We had never offered a weight-loss challenge before, so we truly did not know what to expect. The energy pumped throughout the gyms with each hour, as it seemed like there was at least one challenger training and talking about what they were experiencing. The common thread that everyone shared was that they loved the structure and discipline that they were undertaking. Every challenger spoke about the amount of energy that they had and how much they were enjoying their food! The results were happening on such a fast and furious pace, the enthusiasm was contagious!

When a few of our clients decided to take the TakeDown Challenge, it was because they felt that their lives had become too busy and they had lost control. One of the busiest challengers wrote this TakeDown Challenge experience: “I realized having a busy life, like everybody else, is no excuse for not being healthy or taking care of myself. As I incorporated fitness into my schedule this past year it seemed like the perfect timing for the Tspot TakeDown Challenge. As I ate healthier, my busy life seemed less busy and more in control. I felt stronger both on the inside and the outside. The support was what worked best for me. Having been held accountable with weekly weigh-ins and in knowing my



journal would be checked kept me focused on wanting to do well.” Awesome feedback!

What we learned is that the challengers thrived on the structure and the simplicity of being told what and how much to eat, at least for the six week period. What we proved is that there is no quick fix. You have to eat to lose weight. You must get or stay active to lose weight and dietary structure works. Being held accountable is important, and in some cases, mandatory. What we like is that eating right offered our challengers more energy, they obtained a higher level of fitness, and they all lost weight and felt like they learned how to eat correctly for the rest of their lives.

Check out our web site to see what we put together for our challengers. We are currently offering the same format, less the “challenge” portion to anyone who asks. We will do another “Tspot TakeDown Challenge” in the fall after everyone is all done with traveling and back into their routines. What an incredible group of people we have at both Training Spots! **HB**

Paul and Carolyn Feters own two Training Spot Gyms and AMS Nutrition both located in Huntington Beach. The Training Spot 16942 Gothard St. and The Training Spot 440 Main St. They are the parents of four children in local HB schools. Paul is certified through the State of CA to speak in Nutrition, Fitness and Wellness. He regularly speaks to several Police and City Agencies throughout OC. If you have any questions about health, fitness or nutrition, please call either (714) 841-9294 or (714) 374-7448 or visit www.tspot.org