



To alleviate questions you may have, please take a moment to discover the Biggest Loser Carol Stream program FAQ. Additional questions and answers may be added.

Biggest Loser Carol Stream Format

Q: How long is the Biggest Loser Carol Stream program?

A: Biggest Loser Carol Stream is a 12 week program that will put weight loss to the challenge. All Biggest Loser CS registrants are to attend the Biggest Loser Carol Stream Orientation Night Thursday, June 17, 2010, Simkus Recreation Center, 849 W. Lies Rd. Carol Stream. The workouts and workshops kick off the week of June 21 – September 11.

Q: What will be reviewed at Biggest Loser Carol Stream Orientation Night, June 17?

A: Biggest Loser Carol Stream Orientation Night agenda includes

- Meet the Professional Fitness Staff that will train you through your journey
- Meet the Biggest Loser Sponsors and Motivational Speakers
- Meet and Greet with other Biggest Loser Contestants
- Complete Biggest Loser Carol Stream forms to assist in the Professional Fitness Staff helping you to meet your goal
- Receive your Biggest Loser Carol Stream program packet
- Professional Fitness Staff will perform your first weigh in and body fat composition

Q: When are the workouts scheduled to be held?

A: Carol Stream Park District certified fitness staff will lead organized work outs through the 12-week program beginning the week of June 21 on Monday 7:30-8:30pm at the Simkus Recreation Center, Prairie Gym and Saturday 7:15-8:15am at Armstrong Park 391 Illini, Carol Stream.

Q: When are the workshops scheduled to be held?

A: Biggest Loser Carol Stream workshops are scheduled every Thursday beginning the week of June 21 6:30pm. Workshop location and length of workshop may vary from week to week. A detailed activity calendar will be provided to all contestants at Biggest Loser Carol Stream Orientation Night June 17.

Q: What do the organized workouts include?

A: Each Biggest Loser Carol Stream work out is Boot Camp format designed by Fitness Staff. Each work out will challenge the contestant's strength, agility and endurance. Boot Camp format is a series of work out stations including, but not limited to, jump rope, run, and resistance training.

Biggest Loser Carol Stream-Additional Incentives

Q: What if I am unable to attend ever Biggest Loser Carol Stream organized work out?

A: It is strongly recommended that you attend all scheduled workouts and workshops included with the program. However, we recognize that life may come into play and it may not be possible; which is why upon registration each contestant receives a free 3mo MyChoice fitness memberships called June 21-Sep 11.

Q: What is the MyChoice fitness membership?

A: The MyChoice Membership provides unlimited access to MyChoice fitness classes, The Fitness Center, Fitness Room and Kids Korner Playcare. With twenty-one different fitness classes offered twenty-seven different times, seven days a week and convenient Fitness Center hours, there are no more excuses as to why you are unable to get to the gym or fitness class. Group Cycling classes are not included in the MyChoice fitness membership.



Q: What if I am already a MyChoice

fitness or Fitness Center member?

A: Thank you for your patronage. During the program, your current membership plan will be frozen. The Biggest Loser Carol Stream MyChoice fitness membership will be added to your identification card. Effective September 12, your original membership plan will be reactivated on your identification card.

Biggest Loser Carol Stream-Additional Questions

Q: How often will Biggest Loser Carol Stream Contestants weighed?

A: Weigh-ins and Body Fat compositions will be performed by Professional Fitness Staff three times during the program:

1. Biggest Loser Carol Stream Orientation Night-June 17
2. Six week point of the program-Thursday, July 29
3. End of Biggest Loser program

Q: Will Biggest Loser Carol Stream weight and Body Fat % be made public?

A: We understand the request for privacy. Weigh-ins and body fat % testing will be performed on the dates above during the workshop and highlighted with understanding and care. Contestants will not be asked to step on a scale similar to one seen on The Biggest Loser television show, nor broadcasted to all of Carol Stream. What we would like to highlight are the success stories and assist in building a foundation for a healthy lifestyle for all contestants.