

31YOU

A FITNESS CHALLENGE

GETTING STARTED GUIDE

What is 31YOU?

Challenge yourself for 31 days! You get personal trainers, a Myzone fitness tracker, and abundant guidance from fitness professionals! Your goals could be anything, such as: gaining muscle, losing fat, eating better, improving endurance, improving flexibility, etc. We don't guess! We use technology to determine precisely what you need to do to meet your goals.

We turned fitness into a game

Either you win a prize, meet a goal, or both! You can't lose!

How do I earn points?

Points can be earned in two different ways throughout the challenge. First, utilizing MyZone will earn one point for each MEP earned. The maximum amount of MEP-related points is 3000. The second way to earn points is through body composition change. For every fat loss percentage throughout the challenge, you will each earn one thousand points.

What are the challenge prizes?

We will have one grand prize winner per club location. Each grand prize winner will receive three months of Courthouse Training and a Hypervolt Massage Gun.

SETTING UP YOUR MYZONE

Before getting started ensure that your Myzone is charged and bluetooth is enabled on your phone

Step 1: Download the Myzone app from the Apple Store or Google Play Store.

Step 2: Connect with your gym. Courthouse's gym code is "COURTUS001"

Step 3: Enter the device ID found on the back of your black module.

Step 4: Fill out your profile. *The more details you add, the more accurate your results will be!*

To add a device if you've already set up your account

1. Tap the menu in the app, then tap on Devices. You can also click the icon on the top banner.

Note: you can only have one Myzone device registered to your account.

2. Tap Add Myzone Device and enter the serial number (SN) on the back of your module

3. Tap on Register device to your profile.

4. Once saved, the app will confirm the device has been successfully registered to your profile.



HOW TO USE YOUR MYZONE

PPG Mode (wrist and forearm strap):

When worn on the wrist or forearm, the MZ-Switch uses optical blood flow, also called PPG (short for Photoplethysmography). This technology shines a LED light into your skin that measures the volumetric variation of your blood flow to predict your heart rate. Be aware that heavy gripping and erratic arm movement can affect the accuracy of readings in this mode.

Wrist strap is recommended for swimming and other non-gripping, repeatable movements. Forearm strap is recommended for improved accuracy during non-gripping activity and repeatable movements, excluding swimming. Both are activated by press the button on the front of the module.

ECG Mode (chest strap):

When worn on the chest strap, the black sensors on the chest strap read your heart rate via electrocardiogram, or ECG, which traces the electrical activity of your heartbeat.

The chest strap is recommended for accurate results in all activities except swimming. It is activated by the electrical signals from your heart. Do not press the power button in this mode.

Switch it up!

When you switch from PPG (wrist/forearm) to ECG (chest) mode, simply release the module from the arm or wrist cradle by pressing down. Snap the module onto the red strap around your chest.

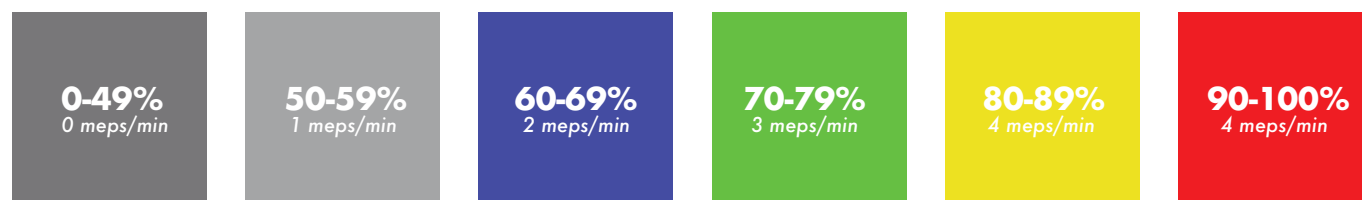
Time to Train

Now, choose the best strap for your activity, open your mobile app to My Tile, and get moving!

- When worn in PPG mode (wrist/forearm strap), the LED light will flash according to what Zone you are in:
- workout data is being tracked as long as your app is open and displaying your heart rate your
- Away from the gym: with app closed, store up to 36 hours of workout data to memory.

Tips: Plug into computer not wall outlet

EFFORT ZONES EXPLAINED



- You earn MEPS by keeping your heart rate in an effort zone for an extended amount of time.
- Effort zones are calculate based on your heart rate, age, weight, height etc... not just heart rate. This is how we can have 80 year-old woman competing against a 25 year-old bodybuilder and still have a fair(ish) competition.

WHAT IS THE FIT 5?

01. EAT REAL FOOD

Food is a meaningful way to get the energy, proper vitamins, and nutrients we need to function — trade fast, fake, and highly processed foods for foods that are more nourishing for your body. More natural foods will do a better job of delivering the healthy nutrients your body needs.

QUICK TIPS

- For better energy during the day, have 4-6oz of protein with breakfast.
- 1-2-3 veggie rule. Have at least one veggie for breakfast, 2 with lunch, and 3 with dinner.
- Have at least four different colors on your plate with each meal.
- Limit intake of highly processed foods. These usually contain added sugars, sodium, and unhealthy fats.
- Limit intake of packaged foods
- Limit intake of foods containing canola oil. Canola oil can cause increased inflammation.
- Help reduce the need for snacking by eating nutrient-rich meals containing quality protein, healthy fats, and whole-food carbs.
- Don't replace meals with shakes. They can be processed and low in nutrients; the body prefers real food.
- Don't eat past 7 pm. Your digestive system has a more challenging time breaking foods down at night.
- If you want a late-night snack, eat fruits and vegetables that are easier to digest.
- Shop the outer aisle of the grocery store. This is usually where the whole foods are.

02. DRINK WATER

Drinking water is essential for our bodies by helping us stay hydrated and removing toxins. Dehydration can even lead to serious medical issues.

QUICK TIPS

- Drink half your body weight in ounces of water.
- Sip, don't chug water. Large amounts of H₂O can overwhelm the kidneys and can dehydrate you.
- Drink water between meals; it helps dilute digestive enzymes.
- Drink a minimum of 30 ounces of water between each meal.
- Add ¼ tsp high-quality salt to one glass of water daily for increased electrolytes and hydration.
- Set reminders on your phone to drink water.
- Download the Water Tracker Reminder App to help you track your water goals.
- Drink an additional 12 ounces of water for every caffeinated beverage you consume.

03. REST

Adults should get an average of 7-9 hrs of sleep each day. Resting helps us recharge our bodies and improves our health. In addition, healthy sleep helps boost our immunity, helps better weight management, and can reduce stress.

QUICK TIPS

- Limit screen time within an hour of bedtime. Screens emit blue light, suppressing the natural production of melatonin, a hormone in our bodies that help us fall asleep.
- Begin a nighttime routine. Routines can help you develop habits that help your brain recognize when you're about to fall asleep.
- Don't drink caffeine after noon.
- Discover which activities you find the most relaxing and incorporate them into your week.
- Foster a good work-life balance.
- Don't force yourself to earn rest.
- Taking time to be physically active during the day can help you fall asleep more easily.

04. MOVE YOUR BODY

Taking the time to get up and move your body has significant benefits. Incorporating physical activity into your day helps reduce stress, increases stamina, maintains a healthy metabolism, and keeps bones healthy.

QUICK TIPS

- Stretch in the morning. Stretching can help you focus for the day, improve mobility, and help reduce stiffness in the morning.
- Work out in the morning or after work for at least 20-30 mins.
- Get refocused and moving at work by taking a 5 min walking break.
- Join a group fitness class. Stay on track with your fitness goals by engaging with a community of people who will support you.
- Try a new workout or activity. Find something new you enjoy doing to help you stay motivated to move.

05. EXTEND GRATITUDE

Extending gratitude can have positive effects on your mental health. For example, gratitude can release stress, improve relationships, and boost self-esteem.

QUICK TIPS

- Practice Mindfulness; meditation creates a more peaceful and calm mindset. Helping lead you to a natural sense of gratefulness.
- Have a gratitude journal. Journaling is a great way to organize and process your thoughts of the day. It can help you see the things and people you were grateful for that day.
- Create a list of what you are grateful for and what you accomplished during the day.
- Reach out to someone and tell them how much you appreciate them.