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By EARL WATT

- Daily Leader

What would it take to truly make a lifestyle change to live healthier in 2009?

How about free training sessions at Rine's American Freestyle Karate studio for the entire year.

That's the prize that will go to the winner of the Healthy Weight Challenge 2.

Last year, David and Mike Rine put 16 contestants through a three-month program that resulted in an average weight loss of 25 pounds per contestant. The event included workouts and weekly challenges as the contestants were divided into teams.

Contestants also had body fat measurements and weekly weigh-ins to measure results, and a Weight-Watchers-style diet was provided.

This year, the diet has changed to a customized plan that tricks the body into burning fat, and Rine is looking for 12 competitors who can make the necessary commitment.

Basically, the Challenge will require eight hours a week of work-outs at RAFK for three months. The weekly challenge will be a requirement as well.

"If you are going to sign up for it, we expect you to be here for it," Rine said. "Challenges are a requirement. Unless a family member is in the hospital, you need to be here. Going out of town,

or a scheduling conflict won't work. If we are giving this to you, if we are working to make your life better, we are expecting you to commit yourself to the program for three months.”

Rine said three of last year's competitors are still working out and are still seeing the benefits of a healthier lifestyle.

Rine said this year the contestants will also measure loss in inches.

While the Ultimate Healthy Weight Challenge winner will be able to continue free workouts for the rest of 2009, second will receive six months, and third place an additional month.

The Rines are also planing some fun and exciting challenges and other twists that will make the transformation to healthier lifestyles fun.

But make no mistake, it will be work for those who are selected.

To apply for one of the 12 spots, send an e-mail with a photo explaining why you believe the challenge would be beneficial to you to [health@hpleader.com](mailto:health@hpleader.com) . Requests to be a contestant must be received prior to Jan. 15.

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