

## **Prevo Health Solutions Sponsors Inaugural Quest for the Best Fitness and Nutrition Challenge for the Private Club Industry - Member and Club-to-Club Challenge**

*Challenge Set to Launch Early 2014 to Certified 'America's Healthiest Clubs'; in Search of America's Healthiest Member*

San Juan Capistrano, CA ([PRWEB](#)) November 26, 2013 -- Right about the time New Year's Resolutions start to fizzle [Prevo Health Solutions](#) has a plan to reignite the flame with its inaugural Quest for the Best fitness and nutrition challenge to private club members.

This challenge is reserved for the 'best of the best'—private clubs that have previously qualified as one of Prevo Health Solutions' [America's Healthiest Clubs](#). As part of this distinction, these clubs were evaluated and scored across five equally rated categories: Fitness, Nutrition, Staff, Members and Facilities; hence giving them the 'Healthiest Club' distinction.

As eager adopters of wellness, a challenge like Quest for the Best is a natural fit for these clubs, who now have the chance for friendly competition amongst each other. It's an equally attractive fit for private club members; CEO's, leaders, and any type "A" or driven personality who is looking for a good challenge and chance to compete.

The Quest for the Best challenge is an all-inclusive invitation for qualified private club members to get serious about their health. The challenge includes setting personal goals, body composition testing, personal training, guided nutritional advice, and interactive support to transform the health of members. With impressive winning prizes to sweeten the deal, as well as bragging rights as America's Healthiest Member of America's Healthiest Club's, it's an attractive solution to the post-holiday blues.

The twelve-week challenge starts February 1st of 2014, and is already sparking a lot of interest.

“General managers are always looking for ways to engage members in exciting new ways, and this definitely qualifies,” said Rick Ladendorf, President of Prevo Health Solutions. “Specifically, general managers are hearing from their members that wellness is an important aspect of their club experience, so offering fun and health-changing programs such as Quest for the Best shows they are listening and valuing their members to remain relevant”.

Another draw for clubs is how comprehensive the plan is, with a design that will support the member in many ways. As it stands now, the challenge starts with a Health Risk Assessment, initial body composition test and consultation kick-off. Throughout the twelve weeks members will have two more detailed consultations, complete with personal training, nutritional coaching and educational lunch n' learns. Weekly, members can join webinars designed to help them achieve health goals, and they will also receive inspirational emails from their health coach. And to support them on a daily basis, members have access to an online dashboard that includes meal planning, fitness programs, and to-do lists tailored to their specific health goals.

The challenge will cost approximately \$150 dollars per participant, but the return on investment is huge for multiple winners, as prizes include:

- Grand Prize – One week vacation for two at one of [AM Resorts](#) 5-Star all-inclusive resorts.
- 2nd & 3rd prize – Golf Swing Machine from Golf Fit (improve stamina, strength, balance and endurance).
- 4th-6th prizes – Krank drivers (long drive competition winner in six different categories)
- Club-sponsored prizes to include golf guest passes, spa packages, dinners and golf conditioning packages.

“What makes this challenge unique is that the participant, along with support from the fitness director, decides what is most important to track and evaluate throughout the program,” said Heidi Llovet, program manager, nutritionist, certified fitness personal trainer and fitness instructor. “Some members may just want to focus on gaining muscle mass, while for others it may be weight loss or cholesterol reduction. No matter what health objective we measure, this program will help members achieve their goals and gain a great sense of pride and achievement.”

There are definitely many member and club benefits to the Quest for the Best. For one, it creates a culture of wellness, all while promoting awareness of health, producing measurable health results and ultimately changing lives. It’s a great way to build camaraderie, among members and create a fun social atmosphere. Beyond that, members will spend more time in the fitness facilities, increasing revenue for trainers and nutritionists.

And of course, there’s the aforementioned bragging rights, which for many members (and clubs) may sound like enough fun to sign on to the Quest for the Best today.

#### About [Prevo Health Solutions](#)

Prevo Health Solutions, Inc. is the club industry’s premier wellness experts with expertise in workplace wellness and member retention. Our mission is to improve the overall health of the Private Club Industry through education and sharing of best practices. Our team consists of health professionals, certified nutrition & fitness experts, workplace wellness gurus and engagement specialists. We know what works in the workplace and we know the club industry. Prevo Health Solutions works with employers of all sizes to develop and execute custom wellness strategies which maximize engagement and participation. For more information, call 888-321-1804 or visit [www.prevohealth.com](http://www.prevohealth.com).



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