

10-WEEK WEIGHT LOSS CHALLENGE

Our 10-week Weight Loss Challenge helps you get in shape, lose weight and adopt healthy eating and exercise habits. We'll support you every step of the way. We measure your initial fitness level, share information about fitness and nutrition, support you with weekly meetings, and encourage you throughout the process.

In short, we're here for you. **WEEKLY MEETINGS** (Weigh-ins begin 15 minutes prior to class) include a weigh-in, review of exercise and food logs, information about exercise and nutrition, and an opportunity to share ideas and strategies for success with fellow members.

FEE: \$150 (no refunds)

The 10-week Weight Loss Challenge Includes:

- Body composition analysis using InBody 230
 - Body fat mass
 - Skeletal muscle mass
 - Segmental lean body mass analysis
 - Basal metabolic rate
- Weekly weigh-in and meeting
- Food and exercise log assessment
- Final fitness assessment
- Weekly exercise sessions
 - Tuesdays 6:30–7:30 pm
 - Thursdays 7:00–8:00 pm
 - Sundays 12:00–1:00 pm

You'll also receive:

- Expert advice on exercise, nutrition and healthy living
- ### Learn to:
- Eat right and exercise smart
 - Achieve and maintain weight loss
 - Overcome obstacles and understand your willpower
 - Sustain motivation for both exercise and healthy living



Dates & Times

Holiday Weight Loss Challenge

Begins January 7, 2018 and ends March 20, 2018

Weekly Meetings*

Tuesdays 5:30 pm – 6:30 pm

Sundays 11:00 am – 12:00 pm

Choose to attend **either** Tuesday or Sunday.

Attendance at weekly meetings is strongly recommended.

First Meeting Protocol

In preparation for the body composition analysis on the InBody 230, Please adhere to the following instructions:

- Do not eat for 4 hours prior to testing
- Do not exercise 12 hours prior to testing
- Do not consume alcohol for 24 hours prior to testing
- Hydrate well the day before
- Do not drink caffeine on the day of your test
- Do not put lotion on your hands or feet

Weight Loss Staff

Rachel Young

Rachel is an American Council on Exercise-certified Group Exercise Instructor. She teaches Boot Camp, BODYPUMP®, Step, TRX® and Pilates.

Shelley Snowdon

Shelley has a BSc in psychology, is a NASM personal trainer, and is working towards an advanced nutrition certification. She is a successful weight loss program alum and is passionate about helping others accomplish their goals.

Questions?

For more information regarding the Holiday Weight Loss Challenge, contact Laura Peterson at laura.peterson@ymcasv.org

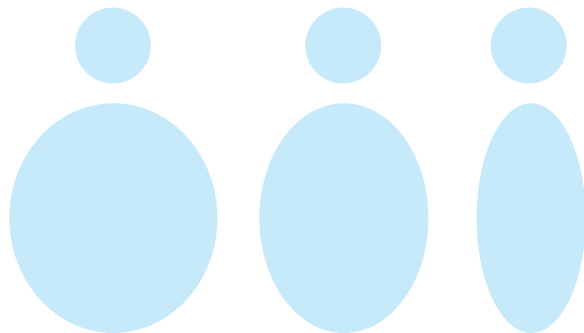


FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WINTER WEIGHT LOSS

10-week Weight Loss Challenge
 SOUTHWEST YMCA

January 7 – March 20, 2018



SOUTHWEST YMCA

WINTER WEIGHT LOSS: 10-WEEK CHALLENGE REGISTRATION FORM

Participant's Name: _____ Today's Date: _____
 Address: _____ City/ZIP: _____
 Day Phone: _____ Alt. Phone: _____
 Email: _____ Date of Birth: _____
 Preferred Meeting Day: Sunday Tuesday

Email is one of the fastest, most cost-effective, and environmentally friendly ways for us to communicate with you. We would like to send you periodic emails and automated phone calls with Y news and special offers. We will never share or sell your email, phone number or address to any third party. You may unsubscribe at any time.

Please do NOT communicate with me by: Email Phone

WINTER WEIGHT LOSS CHALLENGE Jan. 7–Mar. 20, 2018	Fee \$150
	\$35 Annual Program Membership Fee* \$
	Total \$

*Program fee waived if you are a facility member

My check or money order is enclosed.
 Charge my: Visa Mastercard American Express Discover
 Account Number: _____ Exp. Date: _____
 Name of Cardholder: _____
 Signature: _____

OFFICE USE:	Rec'd by _____ Date _____
	Entered by _____ Date _____