

## Class Schedule

**Orientation** – Setting goals and making your commitment. Discuss strategies for success. Take initial weight, measurements and body composition analysis.

**Getting Motivated and Nutrition** – 5 healthy habits you want to incorporate into your lifestyle plus meal plans to get you started.

**Learning Healthy Shopping Tips** – Learn how to read labels and make good choices at the grocery store.

**Being Fit and Healthy** – Learn why exercise is critical to successful weight management. Develop your personal exercise plan.

**Breaking old behavior chains** – How to break old habits and create new healthy ones. PLUS - How to deal with cravings. Take measurements and body composition analysis to see progress half-way through the program.

**Introduction to weight training** – Discuss how weight lifting can slow down the middle age spread and the key role it plays in weight management. PLUS - Learn the proper technique and modifications to lift weights safely.

**Volumetrics** – How can you cut calories and eat more food? How to feel satisfied on eating less.

**Introduction to yoga** – How yoga can increase mindful eating and reduce stress.

**Staying motivated** – What to do when you fall off track and how to get back on your healthy meal plan.

**Our celebration and healthy potluck** – Discuss the positive changes that we made during the program and what we have learned about ourselves. Take final measurements and body composition analysis.



**NORTHWEST YMCA** 20803 Alves Drive, Cupertino CA 95014  
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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## 8-week Weight Loss Challenge NORTHWEST YMCA

February 19 - April 18, 2020



## 8-week Weight Loss Challenge

Our 8-Week Weight Loss Challenge is BACK!

Please join us for our Weight Loss Challenge lead by our Trainers Melissa Gourdine, Lina Lee and our Nutritionist Megan Jacobson. This 8-week class is designed to help you learn more about nutrition and exercise. Each class will start with a nutrition lecture followed by a 30 minute workout led by our trainers. The class meets on Wednesdays from 6:00-7:00pm and Saturday mornings from 9:30-10:30am.

Our instructors will track your progress through MyFitnessPal and will make recommendations throughout your weight loss journey.

**FEE:** \$149 for Facility Members  
\$199 for Program Members  
No refund after the program has started.

**AGES:** 12 and older

### The 8-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 meeting
  - You will track your food intake via MyFitnessPal
  - Final fitness assessment
- 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

### Weight Loss Challenge

The program starts February 19 and runs until April 18, 2020.  
Maximum 15 members.

### Weekly Meetings

Wednesdays 6:00 pm - 7:00 pm

Saturdays 9:30 am - 10:30 am

The class meets once per week. You select one day as your weekly class. You are welcome to attend both days if you like!

## Questions?

For more information regarding the Weight Loss Challenge, please contact Matt Montelongo at [matt.montelongo@ymcasv.org](mailto:matt.montelongo@ymcasv.org).

## Register

Sign up at our Front Desk or call 408-351-2400.

