

**SPACE
LIMITED**



**SUPPORTING
WELLNESS
TOGETHER**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Weight Loss Program

REACH YOUR WELLNESS GOALS WITH US

"What I liked about this program is that it's not a fad and it's not a gimmick. It's a holistic approach to making changes to your lifestyle habits."

—Arielle from Houston, TX

"I enjoyed this program and it helped me a lot. It's a program that gives you a lot of knowledge and tools to help you lose weight."

—Melvin from Cincinnati, OH

Join today and get started on creating lasting change!

PROGRAM OVERVIEW

- 1** 12 weeks / 1 hour a week
- 2** Must be 18 years or older
- 3** Provides tools, knowledge & group support to help you develop a nutrition and exercise plan that works for you

Check the back of this flyer for program details.

CLASSES OFFERED

1.15-4.12.2018

Tuesdays (Noon or 6:30pm)

Wednesdays (5:30am or 9:30am)

Thursdays (6:30pm)

Members & Non-members: \$120.00

MEMBER PERK:

Attend 9 of the 12 classes and receive a **\$120 Y GIFT CARD** from us to help you continue your journey.

SIGN UP TODAY

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FREQUENTLY ASKED QUESTIONS

What is the Weight Loss Program?

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits.

Who can enroll in the Weight Loss Program?

The program is designed for adults 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease.

How long is the program and how often does it meet?

This is a 12-week program that meets one time per week. Each weekly session is 60 minutes.

What happens during each weekly session?

Each week participants will weigh in, be introduced to a new topic relevant to weight loss, discuss as a group successes/challenges/suggestions around the weekly topic, and develop goals for the upcoming week. Topics covered during the program include: nutrition, physical activity, stress and sleep, positive psychology, goal setting and sustainability.

What can I expect from this program?

This program will introduce participants to behaviors that have been shown to lead to sustained weight loss, and help participants develop those behaviors in ways that fit into their personal lifestyle.

Will I receive a personalized nutrition or exercise plan in this program?

Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small, modest changes to their behavior within the context of their own life and in support of their weight loss goals. The tools provided during this program, along with the knowledge and support of the group, are used by participants to develop their own nutrition and exercise plans that work for them.

Will anyone see my weight during weekly weigh-ins?

Participants weigh in weekly during the 12-week program. This will happen in a private location with only the participant and program facilitator present. Once collected, this information is used only in aggregate form to help assess the program's quality.

KEARNEY FAMILY YMCA

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[YMCA] and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") are committed to supporting healthy lifestyles through the YMCA's Weight Loss Program but do not guarantee any specific outcomes for program participants. The YMCA's Weight Loss Program is not intended to diagnose any medical condition or to replace your healthcare provider. Consult your physician before beginning any exercise program and cease physical activity if you experience any pain or difficulty while participating in the YMCA's Weight Loss Program.