



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WELLNESS JUMP START PROGRAM

"Joining the Kearney Family YMCA's weight management class was the **best** decision I could have ever made for myself. Being someone who has struggled my whole life with my weight, I have tried everything you can think of. I knew I had to get my life on track, so I decided to take the 12-week program not knowing exactly what the outcome would be. Within the first couple sessions, I learned way more about myself than anything I had come across prior. From how my body works, to my nutritional needs, I learned how a balance of a more active lifestyle can work with my nutrition to help sustain my weight loss journey. This class has changed me only for the better, how to make realistic goals and how to plan for situations that may arise. To show for it, I have lost 30 pounds through this program, I can now fit into all of my jeans that I held onto in hopes that "someday" would come. I'm excited to continue this journey within this program in the future. I gained so much support, encouragement, and friendships through this class. I absolutely love what the YMCA class has to offer. I truly believe that this class has more to offer than just weight loss."

--Testimonial from Morgan Sherwood

"The weight loss program is what brought me to the YMCA. I learned so many new things in this class, that I took it again the very next session. I would like to take it again. It helps me stay accountable. It also taught me a whole new perspective on life and people. It is an amazing program. I enjoyed it greatly."

--Testimonial from Angela Marget

PROGRAM OVERVIEW

- 1 \$40.00: 4 Weeks / 60-75 Minutes a week
This program does qualify for Membership Assistance.
- 2 Must be 18 years or older
- 3 Provides knowledge & group support to help introduce you to nutrition and exercise.

CLASSES OFFERED

Classes will begin the week of January 7th.

Thursday

[5:30pm] Classroom: Meeting Room 2, Workout: Group Ex 2

Friday

[9:00am] Classroom: Meeting Room 2, Workout: Group Ex 1

MEMBER PERK

Members who attend and complete this program will receive:

- Early bird registration for the following Weight Loss Program.
- \$20 off of the following 12 Week Weight Loss Program.
(Not eligible with other discounts.)



STARTING WELLNESS TOGETHER



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WEIGHT LOSS JUMP START PROGRAM

FREQUENTLY ASKED QUESTIONS

What is the Weight Loss Jump Start Program?

The Weight Loss Jump Start Program is designed to help people seeking a healthier weight achieve their goals by making small modest changes in their nutritional behaviors/choices and introducing them to basic exercises and Group Exercise classes. This program does qualify for the Membership Assistance program.

How is this different from the Weight Loss Program?

The [Weight Loss Jump Start program](#) is designed as a 4-week program and provides an introduction to nutrition and exercise. [Weight Loss Program](#) is a 12-week program which focuses on the daily behaviors and forming sustainable healthy habits by utilizing things such as daily food tracking, holding each participant accountable, and so much more.

Who can enroll in the Weight Loss Jump Start Program?

The program is designed for adults 18 years and older who desire a healthier active lifestyle. This program is intended for individuals who have little to no experience exercising.

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

This is a 4-week program that meets once a week. Each weekly session is 60-75 minutes.

Do I need to take the 12-week Weight Loss Program first?

No, this program is designed as an introductory program which can be taken before or after the 12-Week Weight Loss Program. This program helps provide participants introductory knowledge on nutrition and exercise to help jump start their wellness goal.

Will anyone see my weight during the weekly weigh-ins?

No weigh-ins will happen in a private location with only the participant and the program facilitator present. Once collected, this information is used only in aggregate form to help assess the program's quality.

Can I take the program again to continue my journey?

Participants may take this program as many times as desired.

Do I need anything to prepare for the program?

Participants should bring a pen and a note pad to take notes but also dress accordingly for exercise and movement. There will be an exercise component to this program.

KEARNEY FAMILY YMCA

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