



## **YWCA Weight Loss Challenge**

**February 20 – April 9**

*This challenge is about making lifestyle changes that will help you reach your own personal goals whether that may be weight loss, toning, or simply improving overall health.*

### Overview:

- **The Challenge is FREE for members. Non-member fee is \$ 75.00** and includes the full use of the Fitness Spa during the 8-week challenge.
- **Measurements, Weight and Body Fat Ratios** will be taken at the beginning of The Challenge. You will also fill out a health history form as well as a Goal Assessment so that we can set a specific plan to get you started.
- **Participants will be expected to keep a food journal as well as an exercise log---** A perfect way to hold yourself accountable! Your journal will be reviewed by our fitness professionals so we can determine ways to help you improve your diet.
- A number of individual training sessions, group training sessions, and group fitness classes will create the foundation of your exercise routine.
- **Two free workshops** on Nutrition Basics and Healthy Eating on a Budget will be offered during *The Challenge*.
- **Each individual must weigh in each week.** Measurements and Body fat ratios will be taken at the beginning, and at the end of the challenge.
- **Need a reminder or a push?** We will call or email to help motivate you.
- **All information will be kept confidential!**

**“Commit to Be Fit—and we’ll be there to support you!”**

