



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REACH YOUR WELLNESS GOALS WITH US

"The program is different from other programs in which I have participated in that there was no pressure to 'lose weight NOW'. Weight loss and health is the ultimate goal not the quick fix. This program gave me things to think about.

I know I should be 'eating right and exercising' but why don't I? This program gave me insights into my behavior by asking very simple questions."

—PARTICIPANT,  
Providence YMCA (R.I.)

Join today and get started on creating lasting change!

### PROGRAM OVERVIEW

1. 12 weeks /1 session a week
2. Must be 18 years or older
3. Provides tools, knowledge and group support to help you develop plans that support your weight loss goals

Check the back of this flyer for program details.

### SIGN UP TODAY

Britney Mendoza  
PORTAGE TOWNSHIP YMCA  
3100 Willowcreek Rd.  
Portage, IN 46368  
219 762 9622  
ymcaofportage.org

# SUPPORTING WELLNESS TOGETHER

## Weight Loss Program

### FEES

Member \$90

Non-Member \$110

### DATES/TIMES

June 3 - August 19

Mondays, 5:00 PM - 6:00 PM





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"I had been trying to lose weight for a year before joining the YMCA Weight Loss Program. This approach gave me the structure and motivation to finally start my weight loss journey. I still have a ways to go, but now I have the tools and confidence to reach my final goal on my own."

**PARTICIPANT,  
YMCA of the Triangle (N.C.)**

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“What attracted and motivated me was that no one was telling me the do’s and don’ts of successful weight loss but rather that these are the tools that can help you...The sessions were most informative, reinforced by an excellent workbook and suggested weekly assignments.”

—PARTICIPANT,  
Long Island YMCA (N.Y.)

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“Participating in the group meetings was a plus. I got to spend time with people that I did not know but shared similar goals and needs. We were able to share with one another to gain strength and support. The camaraderie was phenomenal. The instructor served as the facilitator, but the group discussions were group-led.”

—PARTICIPANT,  
First Coast YMCA (Fla.)

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# FREQUENTLY ASKED QUESTIONS

## Weight Loss Program

### 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. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

### 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 group successes/challenges/suggestions around the weekly topic, and develop goals for the upcoming week. Topics covered during the program include: balanced eating, 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 invite participants to develop personalized plans to incorporate those behaviors into their personal lifestyle.

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

No. 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 balanced eating and physical activity plans that work for them. Prescribed meal or exercise plans are not provided in this program.

### 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.

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3100 Willowcreek Rd., Portage, IN 46368

P 219 762 9622 F 219 762 2012 [ymcaofportage.org](http://ymcaofportage.org)