



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHOOSE TO LOSE PROGRAM

Lose Weight With Support!

JANUARY 11-MARCH 22, 2017



NEWPORT COUNTY YMCA

# Choose to Lose Challenge

At the Y, a supportive community is a big part of wellness. You'll find people here just like you looking to live a little bit healthier. Use the support and enthusiasm of fellow participants and our staff to achieve greater well-being.

Our 10-week Weight Loss Challenge helps you get in shape, lose weight and adopt healthy eating and exercise habits. We'll support you every step of the way. We measure your initial fitness level, share information about fitness and nutrition, support you with weekly meetings, and encourage you throughout the process. In short, **we're here for you.**

## The Choose to Lose Challenge includes:

- Initial fitness assessment
- Weekly meetings weigh-ins and group workouts
- MyFitnessPal Orientation
- Weekly goals & workout plan
- Team challenges
- Guidance from two certified personal trainer-team leaders
- Nutrition Meetings & Motivational Speakers
- 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 & understand your willpower
- Sustain motivation for both exercise & healthy living

## Questions

Contact **Conor Nelson Healthy Living Director** at [conorn@newportymca.org](mailto:conorn@newportymca.org) or 401-847-9200 ext. 132

## Dates & Times

### 10-Week Session

Begins January 11th and ends March 24th

**Orientation Day:** Wed. January 11th at 5pm (Y Board Room)

### Meeting Times

There will be **3 Choose to Lose Teams** with **2 coaches per team**. Each participant will receive an email/phone call from their coach prior to the orientation.

**RED TEAM** Coaches Dave & Sara Monday 5:30pm

**GREEN TEAM** Coaches Mindy & Frank Tuesday 9:00am

**BLUE TEAM** Coaches Dylan & Steve Wednesday 5:30pm

### Weekly Meetings

Include a weigh-in, a team workout, (split into two smaller groups) review of exercise/food logs, presentation of weekly work-out plan, follow-up of team challenges and an opportunity to share ideas and strategies for success with fellow members.

*Attendance at weekly meetings is strongly recommended!*

## Fees

**\$99 for members only.** The Choose to Lose program requires a Y membership for access to the facility. We will **WAIVE THE JOINER FEE** for non-members who become Y members for the Choose to Lose program.

**\$10 one week drop-in fee (member-only).** Attend a weekly meeting and receive coach feedback for one week of the program.

## Prizes

All participants will receive a T-Shirt. Winners will be determined based on team % body weight loss. Prizes from local business will be awarded.

**NEWPORT COUNTY YMCA**  
**2017 Choose to Lose Program**  
**The Y. For A Healthier Us.**

**Newport County YMCA**  
792 Valley Road  
Middletown, RI 02842  
E: [conorn@newportymca.org](mailto:conorn@newportymca.org)  
P 401-847-9200 ext. 132

[www.newportymca.org](http://www.newportymca.org)