



Join the Newport County YMCA in 2019

**NEW YEAR,  
NEW LIFESTYLE!**

# L.E.A.P. INTO 2019!

## Lifestyle Eating Activity Program

**Sign up for our revamped Choose to Lose program,  
L.E.A.P. INTO 2019 FITNESS CHALLENGE!**

**L.E.A.P. Into 2019 focuses on all aspects of health and fitness, including personalized nutrition guidance.**

It is the Y's newest Lifestyle, Eating, Activity Program which will help you reach your personalized health goals starting out the New Year! This program includes weekly coaching with a training program designed for your team. It will be an 8-week program with **accountability, guidance, direction, training** and **nutrition!!**

Your coach will measure your initial fitness level, share information about fitness and nutrition, support you with weekly meetings and workouts, and encourage you throughout the process. Everyone will be on a team with a Team Trainer and Coach. Use the support and enthusiasm of fellow participants and our staff to achieve healthy eating and exercise habits. No need to worry, we are here to help you **L.E.A.P into 2019!!!**

**Program runs January 13th through March 10th**

**COST:** \$200 for Newport County YMCA Members only

### **PAYMENT PLAN OPTIONS:**

- **Pay \$200 up front and receive 20% OFF**
- **Auto draft Monthly Payments of \$100 and receive 10% OFF**
- **Auto draft Weekly Payments of \$25**

\*No refunds.

### **WINNING TEAM PRIZES!**



### **INCLUDES:**

- **1-2 Hours Per Week of Personal Training with your team**
- **Weekly Check-Ins with our Coaches to discuss your nutrition and exercise plan for the week**

**That's a \$150+/Week Value!**

**\*L.E.A.P. into 2019 is an 8-Week Program so it rolls right into the Y's Ironman Challenge in March 2019. All L.E.A.P. participants will receive a 25% discount for the Ironman upon completion of the challenge!**

To sign up, please stop by the Y's Welcome Center.  
Please email [marcianna@newportymca.org](mailto:marcianna@newportymca.org) with any questions.