



## Northwest CT YMCA Weight Loss Program Information

“Don’t weight another year!”

Our YMCA Weight Loss program is a weekly, ongoing program designed to assist Y members and non-members in achieving their weight loss goals. Each weekly educational session is led by our trained and certified weight loss program facilitators and explores everyday topics in a small group setting that are essential to maintaining a healthy lifestyle, such as:

- **Be a Fat Detective**
- **Healthy Eating Tips**
- **Move Those Muscles**
- **Take Charge of What’s Around You**
- **AND MANY MORE!**

### GETTING STARTED

Our two, 60-minute sessions are designed to help individuals jump start their journey to improved health and well-being. Initially, the member will cover the Fitkik Actiped technology, MyFitnessPal website setup and an introduction to the cardiovascular and strength training machines. During this next 4 weeks, participants will have weekly 30-minute sessions to cover specific focus areas while receiving personal nutrition goals, setting personal weight loss goals, and be provided with all program materials.

With goals set and the knowledge to be successful after the first 6 weeks, the next step is to begin our 1-hour, weekly, ongoing Weight Loss Program educational sessions and support groups.

### WHAT’S INCLUDED

- **Personalized 6 week orientation program that covers nutrition, cardiovascular health and safe strength training tutorials.**
- **Fitkik Actiped movement tracking technology with website or app for watching total activity time, calories burned, total distance and total steps daily.**
- **MyFitnessPal website or app profile for nutritional logging and online support.**
- **Weekly 60 minute small group support meetings with educational talking points.**
- **Weight Loss goal setting with rewards and incentives for personal achievement.**

Interested in signing up?

Please Contact Mat Montgomery, Senior Health and Wellness Director at [mmontgomery@nwcty.org](mailto:mmontgomery@nwcty.org) for you first meeting date.

#### RATES:

<b>Y Facility Members</b>	<b>\$ 115 initial fee. \$40 per mo. the 3<sup>rd</sup> month.</b>
<b>General Public</b>	<b>\$203 initial fee (includes 2 mo. Facility membership) \$40 per mo. the 3<sup>rd</sup> month.</b>



### Weight Loss Program Outline

Session/Week	Duration	Information/Materials Provided	Participant Goal
1/1	60 min	Fitkik Actiped/kiosk system, MyFitness Pal materials	Walk 30 min, 3-5 days
2/2	60 min	STRIVE Strength Orientation, Online Logging	3-4 days strength train
3/3	30 min	Nutrition Timing, Cardio and Strength Logs	7 day logs completed
4/4	30 min	Nutrient Quality, New Y Activity Objective	Try an exercise class
5/5	30 min	Motivation techniques, New Strength Exercises	5 days cardio/strength
6/6	30 min	Re-evaluation of personal goals, Body Measurements	Attend Group Discussions

### Weight Loss Program 16-Session Group Discussion

Session	Length	Date	Location	Topic
1	60 minutes	TBD	TBD	Welcome to the Weight Loss Program
2	60 minutes	TBD	TBD	Be a Fat Detective
3	60 minutes	TBD	TBD	Three Ways to Eat Less
4	60 minutes	TBD	TBD	Healthy Eating
5	60 minutes	TBD	TBD	Move Those Muscles
6	60 minutes	TBD	TBD	Being Active: A Way of Life
7	60 minutes	TBD	TBD	Tip The Calorie Balance
8	60 minutes	TBD	TBD	Take Charge of What's Around You
9	60 minutes	TBD	TBD	Problem Solving
10	60 minutes	TBD	TBD	The Four Keys To Healthy Eating Out
11	60 minutes	TBD	TBD	Talk Back to Negative Thoughts
12	60 minutes	TBD	TBD	The Slippery Slope of Lifestyle Change
13	60 minutes	TBD	TBD	Jump Start Your Activity Plan
14	60 minutes	TBD	TBD	Make Social Cues Work For You
15	60 minutes	TBD	TBD	You Can Manage Stress
16	60 minutes	TBD	TBD	Ways to Stay Motivated