

Group Training Options

Looking for all the benefits of a personal trainer at a lower cost? In conjunction with the Weight Loss Challenge we will be offering group training on the Kinesis Wall and Bosu balls. Group training packages will include eight one hour group sessions on specific days and times. Classes will be limited to just 6 people per group so you are able to work closer with the trainer. Days and times will be printed in the Winter program guide along with being posted around the YMCA.

Packages and Prices

Package 1- \$30 This package will include weekly weigh ins, nutrition and exercise information, weekly meetings or lectures, weekly newsletters, eligibility for weekly prizes, and eligibility for final prizes.

Package 2- \$50 This package will include everything from package 1 plus a beginning and ending fitness assessment.

Package 3- \$300 Includes everything from package 1 plus 8 one-hour sessions with a personal trainer.



**Baierl Family
YMCA**

For more information or suggestions to improve this year's weight loss challenge contact Greg Lutz by phone at 724-934-9622 or by email at glutz@ymcapgh.org



**Chiropractic Family
Health Center**

www.backnline.com

724-940-9000

**Baierl Family
YMCA**

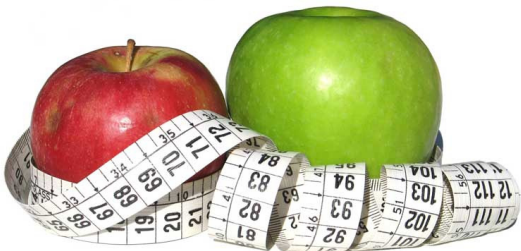


**Weight Loss
Challenge 2010
Information Packet**

New for the 2010 Weight Loss Challenge

What is the Weight Loss Challenge?

The mission of the weight loss challenge is to initiate a lifestyle change that will ultimately alter how you look and feel while improving all aspects of your health and well-being. This 8-week challenge begins January 10th and is based on the percentage of body weight lost from the initial weigh-in to final weigh-in. Initial weigh-ins will take place on Thursday January 7th at 6:30 p.m. or Saturday January 9th at 10:30 a.m. Each week participants weigh in and the percentage of weight lost will be posted on www.backnline.com so everyone can track their results. Top three male and top three female prizes will be awarded. Registration for the Weight Loss Challenge will begin on November 16, 2009 and will run until January 8, 2010.



Weekly Discussion Groups and Lectures

Since weight loss is often difficult alone, this year we will be offering a weekly group meeting that will focus on many aspects of weight loss and will provide support for everyone. This one hour group session will be led by various health professionals and will focus on nutrition, exercise, goal setting, coping with challenges and much more. This will be included with all the packages and the meeting date and time will be determined through a survey among participants.

Weekly Fitness Articles

Each week in addition to the meetings and lectures you will also receive a weekly article about weight loss and exercise from a certified personal trainer or registered dietician. These articles will be specific to your needs and will provide excellent training tips and advice for weight loss. Some of the topics include setting goals, beneficial cardiovascular exercises for weight loss, effects of weight loss on the body and much much more! These articles will be available at the beginning of each week.



Fitness Assessment Option

Curious about how all your hard work really affects your body? This year the YMCA will also be adding a fitness assessment option to the Weight Loss Challenge. The assessment will include waist to hip ratio, body fat calculation, muscular strength, muscular endurance, flexibility and cardiovascular testing. You can complete all of the components or just a few, the option is up to you. You will receive an assessment at week one and eight with a detailed explanation of what all the results mean and what you should do to improve your results. The assessment will be scheduled with a personal trainer prior to or during the first week of the challenge.