

# Healthy Weightloss Program



The Huntington YMCA offers a unique program to reduce body weight, improve body composition, and implement a healthy lifestyle. The Healthy Weightloss Program is designed using the science of exercise and nutrition and applies their fundamental principles to each individual. The 12-week program focuses on making the changes necessary to implement and live a healthier lifestyle.

During this program the participant will have his/her resting metabolic rate measured and given a specific set of meal plans developed by our registered licensed dietician. An exercise routine will be created by an exercise physiologist and implemented in a one on one session with the expectations being the participant will exercise in our facility a minimum of three days per week. All dietary intake and physical activity is logged into journals and evaluated each week for compliance and progress by the dietician and physiologist. Group meetings are held each Monday at either 8:00 AM or 6:00 PM to weigh in, track blood pressure, body composition, and receive educational information, evaluations, and progress reports. The exercise physiologist or dietician will be at each of these meetings to collect the data, provide an educational presentation, and answer questions or provide individual support. The cost of this program is \$175 for YMCA members and \$300 for non-YMCA members. A payment plan is available for the fee and non-member participants receive normal YMCA member privileges during the program duration. Upon completion of the program non-members can receive a discount off of a YMCA May Building Membership and all participants can receive program renewal discounts if they are compliant. With participant dedication the individual will experience an enjoyable path to a lighter healthier life through the YMCA, exercise, and proper nutrition.

## **POINTS OF INTEREST:**

- ❖ Individual resting metabolic rate measurement
- ❖ Meal plans prepared by the dietician
- ❖ 1 on 1 Exercise Physiologist Consult
- ❖ Supervised and evaluated weekly by an exercise physiologist and registered licensed dietician
- ❖ Group meetings to provide support and educational information
- ❖ Full use of the YMCA facilities
- ❖ Individual exercise routines
- ❖ Increase in fitness and health along with weight reduction
- ❖ 12 weeks of motivation, education, and support
- ❖ Must have Medical Clearance Form completed by physician to begin the program

## **COST OF CLASSES:**

- ❖ \$175.00 for YMCA members, Payment plan of \$75 - \$50 - \$50
- ❖ \$300.00 for non-YMCA members, Payment plan of \$150 - \$75 - \$75
- ❖ Non-members receive full YMCA membership during program duration
- ❖ Additional Exercise Physiologist Consults \$25 per hour
- ❖ Additional Registered Dietician appointment \$35 per hour

## **CLASS TIMES:**

- ❖ Group Session every Monday at 8:00 AM or 6:00 PM
- ❖ 1 on 1 appointments at participants convenience
- ❖ Exercise at your schedule

## **CONTACT INFORMATION:**

- ❖ Contact Christina Campbell or Mike Callanan, Program Directors @ the Huntington YMCA 304.525.8127 ext 25, for more information or to enroll.

Huntington YMCA May Building  
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304.525.8127 or [www.huntingtonymca.org](http://www.huntingtonymca.org)