



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HEALTHY YOU Y WEIGHT LOSS

Y Coaching to a Healthier Life

## PROGRAM INCLUDES:

- Resting metabolic testing
- Fitness testing
- Weekly tracking of body composition & measurements
- Food journals provided and reviewed for dietary assistance
- Weekly exercise reviews to update progress

## A HEALTHIER YOU

- Program is 8 weeks of supported lifestyle changes aimed at reducing weight and improving the quality of health and life
- Individualized meetings with a health coach and exercise physiologist
- 16 activity classes held by an exercise physiologist in a private training studio
- Exercise prescription designed for individual needs

**Cost:** \$75 for YMCA Members  
\$150 for non-YMCA Members | includes 8 week unrestricted membership to  
Huntington YMCA May Building (PEIA Insurance Accepted)

**FOR MORE INFORMATION ABOUT THIS PROGRAM, PLEASE CONTACT:**

**MIKE CALLANAN | 304.525.8127, ext. 25 | [weightloss@huntingtonymca.org](mailto:weightloss@huntingtonymca.org)**

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**Huntington Y | 304.525.8127 | [www.huntingtonymca.org](http://www.huntingtonymca.org)**