



**EMPOWERING  
SUPPORTIVE  
PERSONAL**



**WATERTOWN FAMILY YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact :  
Michelle Graham  
Email: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)  
Phone: 315.782.3100

[www.watertownymca.org](http://www.watertownymca.org)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## **SUPPORTING WELLNESS TOGETHER**

### **Weight Loss Challenge**

**8-Week Program  
January 6th - February 24th**

**Trainer Meetings:  
Mondays at 10:00 AM  
Tuesdays at 6:00 PM**

**Program Fee:  
Member: \$140.00  
Non-Member: \$200.00  
Military: \$150.00**

**Max Enrollment: 25**

**FIND YOUR  
SUPPORT.  
FIND YOUR Y.**

The approach taken by YMCA's Weight Loss Challenge is to empower, encourage, and provide tools so that participants can design their own plans to support their weight loss goals within the context of their lives.

## WEEKLY TRAINER TOPICS

- Week 1: Making the most of your cardio and food journaling.**
- Week 2: Intro to weight training and smoothie making.**
- Week 3: Making the most out of your Group Exercise YMCA Classes/Land and water and what to pick eating out.**
- Week 4: TRX taking your workout to the next level and recipe share.**
- Week 5: Free weights and clean eating.**
- Week 6: Functional Fitness – what to do at home and quick fuel and snacks.**
- Week 7: Building your own workout – what to include and what's for breakfast.**
- Week 8: Putting it all together/Share your favorite healthy dish.**



## PROGRAM INCLUDES

- Weekly trainer meetings with James Grunert offered evening and day times – Mondays at 10 AM and Tuesdays at 6 PM
- Pre and post challenge Inbody assessment
- Weekly nutrition tips and kitchen demos
- Weekly weigh-in and support

## PRIZES INCLUDE

- First – Apple or Galaxy Watch
- Second – YMCA Swag
- Third – Workout Equipment

Winner is based on percentage of weight lost based on starting weight.

## HOW THIS PROGRAM IS DIFFERENT

Three key characteristics differentiate the YMCA Weight Loss Challenge from other programs in the weight loss industry:

- 1. It's nonprescriptive.** The program's approach is to empower, encourage, and provide tools so that participants design their own plans to support their weight loss goals within the context of their lives.
- 2. It uses the power of the group.** The program is designed to harness the power of the group by encouraging group discussion, group learning, group sharing, and group problem solving.
- 3. It seeks to change the definition of weight loss.** Every day, individuals face prescriptive messaging on how to lose weight (e.g., meal plans, diets, gym equipment, etc.)– messaging that has created the perception that weight loss can be achieved only by finding the answer or solution “out there.” The Weight Loss Program challenges this perception and is designed to help participants understand that they hold the answers within themselves to achieve their weight loss goals.

For program questions contact:  
Michelle Graham  
Senior Director of Health & Wellness  
Email: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)  
Phone: 315.782.3100

[www.watertownymca.org](http://www.watertownymca.org)