



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR WELLNESS GOALS WITH US

Join us for an introductory Y Weight Loss Program at our new facility on Hoag Road! This program is designed to help you reach a healthier weight by achieving healthy routines in multiple areas of your life including physical activity, diet, sleep, stress management, and more. Try it this Spring at an introductory rate of \$79 for Y members & \$99 for program members (\$300 Value).

Two Sessions:

Wednesdays 2PM-3PM
March 13th-May 29th

Saturdays 7:30AM-8:30AM
March 9th-June 1st

Join today and get started on creating lasting change!

PROGRAM OVERVIEW

1. 12 weeks / 1 session a week
2. Must be 18 years or older
3. Provides tools, knowledge and group support to help you develop plans that support your weight loss goals

SPACE IS LIMITED

SIGN UP TODAY

Contact healthyliving@skagitymca.org

YMCA Sports Center at
Bakerview Park
3301 East Fir St.
Mount Vernon, WA
98273
(360) 336-YMCA (9622)
skagitymca.org

SUPPORTING WELLNESS TOGETHER

Weight Loss Program



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FREQUENTLY ASKED QUESTIONS

Weight Loss Program

What is the Weight Loss Program?

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

Who can enroll in the Weight Loss Program?

The program is designed for adults 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease.

How long is the program and how often does it meet?

This is a 12-week program that meets one time per week. Each weekly session is 60 minutes.

What happens during each weekly session?

Each week participants will weigh in, be introduced to a new topic relevant to weight loss, discuss as group successes/challenges/suggestions around the weekly topic, and develop goals for the upcoming week. Topics covered during the program include: balanced eating, physical activity, stress and sleep, positive psychology, goal setting and sustainability.

What can I expect from this program?

This program will introduce participants to behaviors that have been shown to lead to sustained weight loss and invite participants to develop personalized plans to incorporate those behaviors into their personal lifestyle.

Will I receive a personalized nutrition or exercise plan in this program?

No. Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small, modest changes to their behavior within the context of their own life and in support of their weight loss goals. The tools provided during this program, along with the knowledge and support of the group, are used by participants to develop their own balanced eating and physical activity plans that work for them. Prescribed meal or exercise plans are not provided in this program.

Will anyone see my weight during weekly weigh-ins?

Participants weigh in weekly during the 12-week program. This will happen in a private location with only the participant and program facilitator present. Once collected, this information is used only in aggregate form to help assess the program's quality.

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