the YMCA®

PROGRAM INCLUDES:

- Resting metabolic testing
- Fitness testing
- Weekly tracking of body composition & measurements
- Provided food journals for feedback
- Weekly exercise reviews to update progress

Y WEIGHT SLIM DOWN

A HEALTHIER YOU

- Program is 7 weeks of supported lifestyle changes aimed at reducing weight and improving the quality of health and life
- Individualized meetings with a registered dietician and exercise physiologist
- 12 activity classes held by an exercise physiologist in a private training studio
- Exercise prescription designed for individual needs

Cost: $125 for YMCA Members
$200 for Non-YMCA Members
(PEIA Insurance Accepted)

FOR MORE INFORMATION ABOUT THIS PROGRAM, PLEASE CONTACT:
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Huntington Y | 304.525.8127 | www.huntingtonymca.org