



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **PROGRAM INCLUDES:**

- Individualized services from a registered dietician and exercise professionals
- Baseline assessments with monthly follow-ups
- Personal Training
- Monthly staff check-ins and access to participating fitness facility

# **PEIA WEIGHT MANAGEMENT PROGRAM AT YMCA**

**\*Must be 18 or older**



## **FOR HEALTHY LIVING**

**AT THE Y WE HAVE THE FACILITIES, EQUIPMENT, PROGRAMS AND STAFF TO SUPPORT YOU. MAKE NEW FRIENDS, INCREASE YOUR SELF-CONFIDENCE, AND IMPROVE YOUR SPIRITUAL, MENTAL AND PHYSICAL HEALTH.**

- One on one private training session once a month
- Individualized meetings with a registered dietician and exercise physiologist
- Two workout classes weekly – Monday & Wednesday 4:30 p.m. – 6:30 p.m.
- Per PEIA Agreement - must complete 10 visits a month
- Exercise prescription designed for individual needs
- PEIA insurance accepted upon PEIA approval \$20.00 monthly co-pay
  - To enroll: visit PEIA website: [www.wvpeia.com](http://www.wvpeia.com) or call toll free at 1-866-688-7493
- PEIA eligibility requirement - BMI greater than 30 or a Waist Circumference of greater than 35 for women and greater than 40 for men.

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

**MIKE CALLANAN | 304.525.8127, ext. 125 | [weightloss@huntingtonymca.org](mailto:weightloss@huntingtonymca.org)**

**FOR MORE INFORMATION:**

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