



IT'S TIME TO...

Lose It!

Exercise is a huge part of the long term weight management journey, but proper nutrition can be more important than physical activity. Lose It! is the newest program at the YMCA that is designed to help you acquire the knowledge and tools you need to look and feel your best.

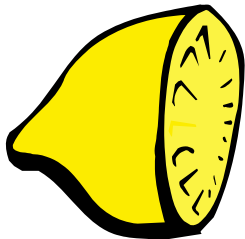
Check out our blog, www.lose-it-ymca.blogspot.com

SUPPORT ☀ ENCOURAGE ☀ INSPIRE ☀ MOTIVATE

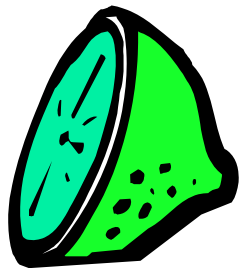
Lose It! Meetings:
Tuesday 10:15am & Thursday @ 6:30 pm

Elizabeth St. YMCA
Meet in the chapel.
FREE TO MEMBERS!!!

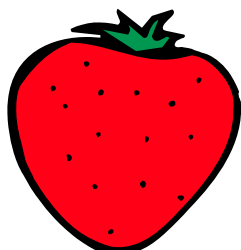
NON-MEMBERS - \$7.00



Optional Weekly Weigh-ins - Completely confidential.
A great way to monitor progress and stay accountable, with prizes and incentives along the way.



Fun Food Talk - Basic and easy to understand advice on a variety of nutrition topics.



Group Discussion - Share your experiences or sit back and listen, this offers the support you need to make those positive behavioral changes in your life.