

DID YOU KNOW?

- Losing 5-10% of your current body weight can produce significant health benefits such as:
 - Decreasing your risk for heart disease.
 - Decreasing your risk for type 2 diabetes.
 - Decreasing your risk for certain cancers.
- Self-monitoring of food intake is one of the biggest predictors of weight loss.
- Losing weight at a slow and steady rate (1-2 lbs per week) helps to keep it off for good!
- Social support is strongly related to long-term weight loss. More support means better weight loss results!



Take your first steps toward a healthier you.

“By following the YMCA tenets of a healthy spirit, mind and body, this program is an all encompassing one that provides participants with plenty of information and support to be successful.” — Tony

**(502) 314-1613
yweightloss@ymcalouisville.org**



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

GET DOWN TO A HEALTHIER YOU

**Weight Loss Program
YMCA OF GREATER LOUISVILLE**



WEIGHT LOSS PROGRAM

At the Y, we know that the journey toward a healthier lifestyle is a personal one. There are many reasons people choose to lose weight and no two people's goals are exactly the same. The Y Weight Loss Program is designed with that in mind. The support you receive from your group will help you stay focused on your goals and overcome obstacles on your way to a healthier you.

GETTING STARTED

Jump-start your journey towards improved health and well-being with a 4-week introductory session. During this time you will receive all the tools and resources you need to develop your personalized weight loss plan.

ABOUT THE PROGRAM

Over each 12-week session you will explore practical topics essential to maintaining a healthy way of life.

- Shopping for healthy food
- Eating on the go
- Taking control of emotional eating
- Maintaining your motivation
- Goal setting
- Increasing physical activity

To make it easier for you to achieve your goals, our Weight Loss Program is an ongoing program, offered at many branches around town. It is for Y members age 18 and older at a cost of just \$25 per month. At the Y, we have membership and program fees for everyone.



Last year, individuals in the program lost an average of 14 pounds.

PROGRAM DETAILS

- Getting Started classes begin each month.
- Meetings are one hour per week.
- Cost is \$25 per month.
- For Y members, age 18 and older.
- Small groups ensure personal attention and promote interaction.
- Trained Y facilitators will coach you and help you develop healthy and realistic goals.
- **Ongoing Program** means you can stay in your group as long as you want.



LOCATIONS

Bullitt County Family YMCA
409 Joe B. Hall
Shepherdsville, KY

Downtown Family YMCA
555 South 2nd Street

Middletown Family YMCA
12330 Shelbyville Road

Northeast Family YMCA
9400 Mill Brook Road

Oldham County Family YMCA
22 Quality Place
Buckner, KY

Southeast Family YMCA
5930 Six Mile Lane

Southwest Family YMCA
2800 Fordhaven Road



For more information, call (502) 314-1613 or email yweightloss@ymcalouisville.org.