

MEET NEW FRIENDS AND GET HEALTHY TIPS

Join today

- See front desk for enrollment application.
- The class runs on a monthly basis.
- The class is \$20 FM and \$40 PM upon enrollment.
- This program will ensure that you have motivation and support.

For Additional questions please contact:

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The mission of the YMCA is to put Christian principles into practice through programs that build healthy **SPIRIT, MIND, and BODY** for *all*.



SOUTH MOUNTAIN
YMCA

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PROGRAM TO LOOSE WEIGHT IN 2009

TOOLS FOR SUCCESS

NUTRITIONAL TALKS

HEALTHY LIFESTYLE CHANGES



Valley of the Sun
YMCA

Knowledge

- One in three or 58 million American adults ages 20 through 74 are overweight. (Third National Health and Nutrition Examination Survey)
- The survey also shows approximately fifty percent of African American and Mexican Women are overweight.
- Overweight and obesity is known risk factors for diabetes, arthritis, heart disease, high blood pressure, gallbladder disease, breathing problems and some forms of cancer.
- The percentage of dietary fat American adults eat is 34%.
- The number of extra calories a person must eat to gain a pound or burn a pound is 3,500 calories.

POWER

- Experts agree that inactivity and poor eating habits contribute to obesity.
- According to the ACSM, the average adult should get a minimum of 5 days per week of cardio based activity.



Addressing The Need — Program Basics

- A Monthly Program for ages 14 years and up. Every Monday you will have weigh-ins, health and wellness nutritional talks, and your own Power 1/2 hour class.
- Pre and Post Testing to encourage improvement.
- Continual Program Opportunities and Support for building a lifelong healthy lifestyle.

Benefits of Program

- The program is broken into three sections that will help to provide you with the tools and skills to lead a healthy lifestyle. The three sections are weigh-ins, health and wellness talks, and a 1/2 power circuit class.
- This program will motivate you through exercise, healthy life style ideas and of course being accountable to the scale.
- The program provides you with peers that have the same goals you have
- Program strives to build healthy spirit, mind, *and* body.
- Exchanging and sharing recipes as well as tips for the week on exercise and healthy lifestyles.



Class Days and Times

Mondays at two different times:
11:30pm 6 pm

All Classes last an hour and a half.

Program cost

Facility Members: \$20.00
Program Members: \$40.00