



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Get Ready to Change Your Body and Change Your Life

## YFIT

A 6-week informational program that teaches how to transform your body by toning up and trimming down. You will learn how to combine foods to reduce body fat and how to use exercise to improve your body composition and reach your health and fitness goals. Offered 4 times per year.

**July 11-August 15, 2017**  
**Tuesdays 12 noon - 1:00pm**  
**Community Room**

**Class limit: 20 participants**

**Member Registration:**  
**June 13 - July 11, 2017**  
**Cost: \$50**

**Public Registration:**  
**June 20 - July 11, 2017**  
**Cost: \$100**

**This program includes:**  
Lecture/Discussion Topics  
Weekly Weigh-ins  
Body Fat Analysis  
Exercise Programs  
Nutrition Plans

First Class October 2016  
Weight - 145 pounds  
Body Fat Percentage - 41.8%  
Waist - 34.5in

April 2017  
Weight - 130 pounds  
Body Fat Percentage - 35.3%  
Waist - 29in



**Charlotte Steele**  
**YFit Participant**

"My husband John and I joined the Y shortly after we moved to Asheboro from Denver. When I saw the YFIT flyer, I decided to enroll. My weight and waistline had kept growing over the years even though I tried to eat right and stay active. YFIT taught me WHAT to eat and WHEN to eat so my body got the right nutrients at the right time to control cravings. YFIT taught me the right way to exercise to get the benefits of cardio and strength training. I had never used exercise equipment and was unsure about how to begin. My YFIT coach provided a plan and detailed instructions during a private session. She encouraged me to start 3x per week with weight/resistance settings that were challenging but doable. As I have gained strength as a result of my workouts, I increased the weight/resistance. I feel strong and fit now. Weight is just a number; I learned to focus on how my clothes fit. I was wearing size 12 Relaxed Fit jeans, now wear size 8. I am so grateful for the YFIT program and wonderful instructors. This is a lifestyle plan that I can follow forever."

**More on Back**



This program is designed to give you the tools, education and knowledge to be able to make the most of your time in the gym and to help you make the healthiest food choices possible that supports muscle and reduces body fat. You will receive a specific nutrition and exercise plan.

Meetings will take place every Tuesday for 6 weeks. To hold you accountable for completing your workouts and eating right, there will be a weigh-in and body fat analysis at every meeting. Each meeting will last approximately 1 hour.

## Meetings and discussion topics:

### Session 1: \*First meeting lasts until 1:30

Initial Weigh-In and Body Fat Analysis

Fueling your Body: What, why, how and when you need to eat

### Session 2

Weigh-In and Body Fat analysis

Understanding Food Labels

### Session 3

Weigh-In and Body Fat analysis

Salt, Sugar, & Fat

### Session 4

Weigh-In and Body Fat analysis

Body Fat vs. Body Weight: What is the difference?

### Session 5

Weigh-In and Body Fat analysis

Cardio vs. Weight Training: Which is better?

### Session 6

Final Weigh-In and Body Fat analysis

Hitting a Plateau/Overcoming Obstacles

Program participants are expected to complete the workouts on their own time. Program presenters will provide training on the exercise component at a designated time. Fitness Trainers are also available for training appointments. The public will

need to join the Y in order to use the facility for workouts.



Program is presented by Robin Hatch and Karen Kiser-Kling who trained under the licensed program designer, Certified Personal Trainer and Fitness Nutrition Specialist, Missy Corrigan from the Sumter, SC YMCA.