



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Get Ready to Change Your Body and Change Your Life

## YFIT

A 7-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.

March 5–April 16, 2019

Tuesdays 12 noon & 6:00pm

Community Room

Class limit: 20 participants

### Member Registration:

February 1, 2018–March 5 2019

Cost: \$50

### Public Registration:

February 1, 2019–March 5 2019

Cost: \$100

### This program includes:

Lecture/Discussion Topics  
Weekly Weigh-ins  
Body Fat Analysis  
Exercise Programs  
Nutrition Plans

First Class October 2014  
Weight – 205 pounds  
Body Fat Percentage – 42%

January 2018  
Weight – 135 pounds  
Body Fat Percentage – 25%



"My 2017 resolution was to not give up in my wellness journey. Through bad days, weeks and sometimes even months, I never gave up. I not only met my goal this year but I surpassed it. I lost 44 of the 69 lbs. in 2017 alone. I've changed my life by following the YFIT program at the Y and exercise. Nutrition is a major key in weight loss. I've worked hard this past year and feel like a new person. I have new goals this year and am excited to get started on those. My resolution will continue to be the same...don't give up. Little things add up. Making small steps each day gets you that much closer to where you want to be verses doing nothing at all."

**Megan Clapp** - Membership and Marketing  
Director at the Randolph-Asheboro YMCA



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 7 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 1:30pm or 7:30pm

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

Understanding Fat Cells

### 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

Salt, Sugar, & Fat

### Session 6

Weigh-In and Body Fat analysis

Cardio vs. Weight Training: Which is better?

### Session 7

Final Weigh-In and Body Fat analysis

Breaking Through a Plateau

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.