



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S ALL ABOUT ME

FAT LOSS LIFESTYLE (FLL) PROGRAMS OLEAN FAMILY YMCA

FLL Programs incorporate shorter workouts, fat loss nutrition & lifestyle approaches to GETTING and STAYING lean.



OLEAN FAMILY YMCA
1101 Wayne Street, Olean NY 14760
P 716 701 1330 W www.oleanymca.org



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FAT LOSS LIFESTYLE PROGRAMS 2012

"After my first full week on this meal plan, I weighed myself at the Y last night and I lost a whopping 7 pounds! Never in life have I lost that much weight in 1 week! Especially coming off team challenge where I lost 15 pounds. It's not like I went from fast food on the couch, I was already active and watching what I was eating. The changes that you have helped me make have been really worth it!"

-Carol

"Sarah trained us and it was AWESOME and the best part is I just got in a pair of jeans that I have not fit in a month!"

-Jamie

"2.3 pounds lost this week and I have not been hungry once- Thanks for all your support!"

-Mike

"My cravings are finally under control, I am planning my meals and never hungry and walking is feeling wonderful."

-Lisa

CHOOSE FROM 2 OPTIONS:

10-WEEK FAT LOSS LIFESTYLE PROGRAM:

We have taken the best of all the past Mission programs, and combined them into one program providing added flexibility but also accountability, support and structure to fit your lifestyle.

Program begins Monday, January 2 or Tuesday, January 3, 2012. Please choose M/W or T/TH option for workouts (if you plan on attending Trainer led workouts). Program Fee: \$44

Program Includes:

- Fat Loss Nutrition Menu Plan with plan progression specific to your Metabolic Burner Type, weekly Reward Meal is included.
- Grocery list and general food prep tools/techniques
- Fat Loss Exercise Plans to be done on your own (cardio & weight training) AND/OR participation in Personal Trainer led workouts
- In this program the Meal Plans include weekly reward meal.
- This is a sustainable Fat Loss Program to achieve and/or maintain results and find your unique metabolic formula that is all about you!

3-WEEK FAT LOSS PROGRAM:

Online Fat Loss Program for noticeable results in 21 days. Program size is limited to allow for personalized experience.

Program begins Monday January 2, 2012. Program Fee: \$66

Program Includes:

- Fat Loss Nutrition Menu Plan (w/ specific recommendations for vegetarians & gluten-free eaters).
- Grocery list and general food prep tools/techniques.
- Fat Loss Exercise Plans to be done on your own (cardio & weight training).
- Participation in an exclusive Facebook group with direct access to Personal Training staff and Nutrition Consultant for consultation, answering questions and on-going feedback.

NOTE: This program is NOT for the uncommitted. It will not do the work for you, and will not bend 100% to your preferences, but it will guarantee results if you work the plan, be consistent and make a commitment to it for 3 weeks. If you want something a little less rigorous and flexible, check out [10 Week Fat Loss Lifestyle Program](#).

To register, please fill out the registration form at the Front Desk. SPACE IS LIMITED!
Registration starts Monday, November 28, 2011.



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FAT LOSS LIFESTYLE PROGRAMS 2012

REGISTRATION FORM

Select Program (check one):

10-week Fat loss Lifestyle Program \$44

CHOOSE ONE OF THE 3 OPTIONS BELOW:

1. Choose Workout time: M/W 6:30 P.M. OR T/TH 10:00 A.M. OR T/TH 4:30 P.M.

OR 2. I will follow the individual exercise plan and will **not** be attending Group Workouts

OR 3. I might occasionally attend the group workouts. The workout time and day I will be most likely attend is M/W 6:30 P.M. OR T/TH 10:00 A.M. OR T/TH 4:30 P.M.

Orientations for 10-week Program are held (choose **one** time to attend, no need to RSVP):
Monday, January 2 at 6:30 p.m. OR Tuesday, January 3 at 9:00 a.m. OR 4:30 p.m.

3-week Fat Loss \$66

You will receive all the information on how to get started via e-mail! No need to attend Orientation! Please, make sure your e-mail address is correct to receive all the program information.

Participant Information:

Name: _____ Age: _____ Gender: _____

Mailing Address: _____ City: _____

Home Phone: _____ Cell Phone: _____

Email address: _____@_____._____ (Y communication only)

Using Facebook (check one): Yes No

Fitness Level: Beginner (exercised 0-12 months consistently)

Intermediate (exercised 1-3 years consistently) Advanced (exercised 3 or more years consistently)

Fat Loss Lifestyle Goal: Getting there Staying there

Waiver, Release, Indemnification and Hold Harmless Agreement

I understand that YMCA activities have inherent risks and in consideration for use of the YMCA's facilities, I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as, persons or parents transporting participants to and from activities from any claims or injury sustained during my use of the YMCA property.

I HAVE READ AND AGREE TO THE ABOVE WAIVER RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

Signature of Participant

Signature of Parent #1
(if under 18 yrs.)

Signature of Parent #2
(if under 18 yrs.)

Date

For more information contact Ink Young at 716 701 1330 or e-mail fitness@oleanymca.org