

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**Starting February 21, 2007**

The Olean Family YMCA Health and Fitness dept. will be adding Nutrition Services to our Program offerings.

All sessions conducted by Nutritionist, Andrea Worster.

## Olean Family YMCA Nutrition Services

### PACKAGES AVAILABLE:

#### **Package A: “The Food Coach” (Personalized Counseling)**

In this one-hour appointment, the nutritionist will evaluate your diet based on a “24-hour recall”, answer questions about nutrition and give you practical tips, and advice for attaining your nutrition-related goals.

**Members: \$20**

#### **Package B: “Journey Through Nutrition” (Shared session for families, friends etc.)**

Meet with the nutritionist for 1 ½ hours with one, two, or three of your friends or relatives. Working in the small group provides added support and motivation to help achieve your goals at reduced cost. This plan does not include a personalized dietary analysis.

**Members: \$30 for 2, \$5 for each additional person**

#### **Package C: “Basically Balanced” (Personalized Dietary Analysis)**

Meet with the nutritionist three times, two hours total and get a computerized analysis of your diet (calories, protein, fat, vitamins, minerals, fiber and more...) and an individualized “action plan” with nutrition goals and strategies for achieving them.

**Members: \$50**

#### **Package D: “Staying on Track” (Follow-up Action Plan)**

A follow-up plan to “The Food Coach” or “Journey Through Nutrition” will include an additional one hour meeting with the nutritionist to provide needed support and guidance to help you achieve your goals and help you maintain your new healthy lifestyle.

**Members: \$15**

#### **Package E: “Total Health” (Nutrition and Personal Training Services all in one package)**

Two services in one perfect combination to help you to meet your goals! You will receive the “Basically Balanced” nutrition package and three hours of Personal Training.

**Members: \$110**

All Package fees are due at the time of appointment reservation. Full credit will be applied if cancellation occurs 24 hours in advance, 25% fee will be charged for cancellations less than 24 hours, no refunds or credits applied for “no shows”.

Contact Fitness and Wellness Director, Ink Young, for more information and to schedule your appointment at (716) 701-1330 or [fitness@oleanymca.org](mailto:fitness@oleanymca.org)

*See reverse side for **Nutrition class offerings!!!***

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### CLASSES:

#### **“Smart Cart” (Food Labels and Grocery Store Etiquette)**

Are you confused by marketing claims and food ingredients? Take the guesswork out of grocery shopping and food labels and learn to shop with smart cart. Learn what foods are functional and how they can enhance your health. Learn the basics of shopping, and how to take control of what you buy, cook and eat for a lifetime.

##### **Class Dates and times:**

- Monday, April 23 at 6:00-7:30 p.m. or
- Tuesday, May 22 at 6:00-7:30 p.m.

**Members: \$5/class**

#### **“Lunch Break Smart Cart”**

1 hour version of the “Smart Cart” also includes Healthy Snack for each participant.

##### **Class Dates and times:**

- Tuesday, April 24 at 12:00-1:00 p.m. or
- Wednesday, May 23 at 11:15 a.m.- 12:15 p.m.

**Members: \$5/class**

#### **“Conscious Cuisine” (Cooking Classes)**

Learn new tips and techniques to modify and alter your everyday recipes. Join the nutritionist for nutritious and conscious cuisine cooking classes. *New and easy recipes and ideas to make eating healthy and delicious.* Class fee includes **four 1 hour classes and each class offers a dinner** consisting of protein (meat), starch, vegetable and dessert. Class size is limited to 10 participants.

##### **Class Dates and times:**

- **Wednesdays April 25, May 2, May 9, and May 16 at 6:00-7:00 p.m. or**
- **Thursdays May 24, May 31, June 7 and June 14 at 6:00-7:00 p.m.**

**Members: \$60/four classes**

All Class fees are due at the time of registration- see full refund/credit policy for our programs in our Program Guide.

Contact Fitness and Wellness Director, Ink Young, for more information at (716) 701-1330 or [fitness@oleanymca.org](mailto:fitness@oleanymca.org).

Sign-up for the Nutrition classes by calling (716) 373-2400 or stop by the Front Desk.

Advance registration is required and space is limited.

*See reverse for **Nutrition package offerings!***