

SUPPORTING WELLNESS TOGETHER

The **YMCA's Weight Loss Program** is designed to help people seeking to be **healthier, stronger, and more energetic** versions of themselves in body, mind, and spirit to achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable habits. Participants commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. The program helps them build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

PROGRAM AT A GLANCE

- Group-based program (8 – 16 people)
- Learning, sharing, and problem solving
- Weekly topics
- Participants self-design action plans to achieve their weight loss goals
- Participants are encouraged to engage in activities at the Y that support their weight loss efforts

The program is designed for adults 18 years and older who desire a healthier weight. It is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease. **It meets for one hour per week over the course of 12 weeks.**

OUR MISSION

The Granite YMCA creates a **community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect and responsibility.**

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown

116 Goffstown Back Road
Goffstown, NH 03045

YMCA of Downtown Manchester

30 Mechanic Street
Manchester, NH 03101

YMCA of Greater Londonderry

206 Rockingham Road
Londonderry, NH 03053

YMCA of Strafford County

35 Industrial Way
Rochester, NH 03867

YMCA of the Seacoast

550 Peverly Hill Road
Portsmouth, NH 03801

YMCA of Concord

15 North State Street
Concord, NH 03301

FOR MORE INFORMATION, contact **Cindy Lafond, Executive Director of Health Interventions** at **603.232.8668** or email **health@graniteymca.org**.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEIGHT LOSS PROGRAM

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA

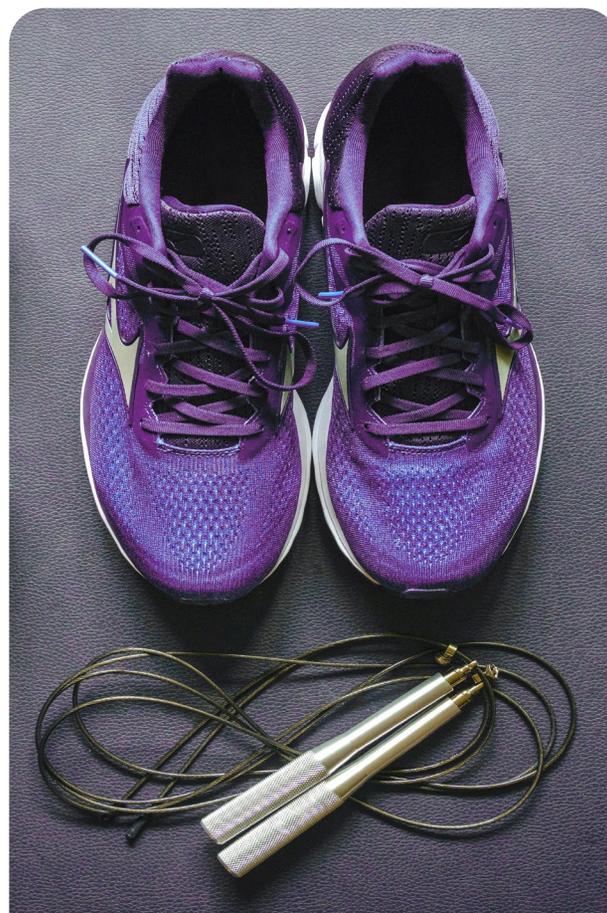


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PHYSICAL WELLNESS

Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small, modest changes to their behavior within the context of their own life and in support of their weight loss goals. The tools provided during this program, along with the knowledge and support of the group, are used by participants to develop their own balanced eating and physical activity plans that work for them. Prescribed meal or exercise plans are not provided in this program.



EDUCATION & OUTREACH

Each week, participants will weigh in*, be introduced to a new topic relevant to weight loss, discuss successes, challenges and suggestions as a group, and develop goals for the upcoming week. Topics covered include: **balanced eating, physical activity, stress and sleep, positive psychology, goal setting and sustainability.**

**Weekly weigh-ins will happen in a private space with only the participant and program facilitator present. Once collected, this information is used only in aggregate form to help assess the program's quality.*



GROUP SUPPORT

Research shows that effective approaches to behavior change around dietary intake and physical activity include group cohesion, group shared values, and social support. The YMCA's Weight Loss Program is designed to harness the power of the group by encouraging group discussion, group learning, group sharing, and group problem solving.