



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2022

LOSE-IT



Lose-it is a unique program that incorporates Life skills, Support, Accountability and Personal Training to assist each person to reach their goal. Lose-it gives you a foundation of learning in eating and exercise to improve health and wellness.

Phase 1

12 week session

6 1/2 hour sessions with a Personal Trainer

2 Life Coaching sessions

Metabolic test that measures your resting metabolic assessment to calculate your target calorie zone.

Phase 1 provides tools, knowledge and group support to help develop plans that support your Health and Wellness goals.

Cost: \$300



Limit of 16 people in each class.

**June 28th @
11am
sign up now**



Phase 2

12 week session

6 1/2 hour sessions with Personal Trainer

2 Life Coaching sessions

Metabolic test

Phase 2 is designed to reinforce the habits learned in Phase 1 to enhance and continue your wellness journey and overall health.

Cost: \$300

Move 2 Lose

