



# A new you is within reach

## Eat Smart, Move More, Weigh Less is a program that will:

- Explore behaviors that help you achieve and maintain a healthy weight.
- Identify strategies to help you eat smart and move more.
- Show you how living mindfully can help you achieve and maintain a healthy weight.
- Help you create new, lifelong habits!

## Eat Smart, Move More, Weigh Less is NOT:

- A prescriptive weight loss plan.
- A diet with special foods.
- A physical activity prescription.
- Something you will ever finish.

## Eat Smart, Move More, Weigh Less provides:

- A program based on proven strategies for effective weight loss.
- A friendly, supportive environment.
- Weekly classes for 14 weeks.
- A full-color magazine containing helpful tips, exercise ideas and recipes.
- A Journal for tracking your progress.
- Online support through the holidays with the Eat Smart, Move More—Maintain, Don't Gain Holiday Challenge.



## Plan, Track and Live Mindfully

Classes begin Sept. 14, 5:15 pm and end Dec 14, 2010

Program fee: \$20

Classes held at: Alexander YMCA. For more information, call 828-632-3125. To register: call 828-632-9699.

