



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPPORTING WELLNESS TOGETHER

YMCA Weight Loss Program

This program is designed for adults who want to achieve a healthier weight by making small changes to daily behaviors and forming sustainable, healthier habits.

Alongside a dedicated Y professional and a supportive peer group, you will design a personal action plan that will bring long-term, positive change in your life.

This is non-prescriptive program, we challenge you to believe that you hold the answer to weight loss within yourself. The YMCA Weight Loss program harnesses the power of the group and seeks to change the perception of weight loss.



PCS Employees Get Healthy in 2021

2 District Options:

- Virtual Class
Tuesdays from 6:00pm-7:00pm
March 8—May 31
[Email scruff@suncoastymca.org](mailto:scruff@suncoastymca.org) or call 727-467-9622 to register for Virtual Class!
- In-Person: The Y in St. Pete
Mondays from 6:45pm-7:45pm
March 7—May 23
[Email kgabel@stpeteymca.com](mailto:kgabel@stpeteymca.com) to register for the St. Pete location!

Requirements: Participants must be a PCS employee with the PCS medical insurance AND have a BMI of 25 or higher.

Don't wait classes are limited!

What to Expect

- Meeting 1 hour per week for 12 consecutive weeks (except during district breaks)
- Weighing-in, tracking food and physical activity
- Creating SMART goals
- Weekly discussion topics such as balanced eating, sustainability, physical activity, stress & more
- Idea sharing & accountability
- 12 PLN credits + 100 Limeade points