

Hillcrest Family YMCA
in collaboration with
Live Long Lyndhurst and The Cleveland Clinic
Present:

12 Weeks to a Healthier U
Mondays from 6:30 PM to 8:00 PM
October 20th 2014 through January 26th 2015

10/20

Meet & Greet.
Tour of facility.
Health Screenings by Cleveland Clinic.
Introduction and general overview of 12 weeks.

10/27

Workshop: So ... What's In This 12 Weeks for Me?
Presentation by Dr. Jason Schermer, DDS

11/3

Workshop: Let's Set SMART Goals!

11/10 (Gina)

Workshop: Identify and Overcome Common Barriers to Success!

11/17

Workshop: Tips and Strategies for Healthier Eating (Certified Nutritionist)!

11/24 (Gina)

Workshop: Inspirational Success Stories by YMCA employees and members!
Finding Your Own Motivation!

12/1 (Half Way Through Program)

Workshop: Let's Revisit Our Goals!

12/8 (Jerry)

Workshop: Learn How to Better Manage Stress!
Free Chair Massages

12/15

Workshop: Why Strength Training is Crucial for Every Body!

1/5

Workshop: Peak Performance and Injury Prevention Workshop!
Presentation by Physical Therapist (to be determined).

1/12

Workshop: Future Goals and Continued Success!

1/19

Health Screenings by Cleveland Clinic.

1/26

Wrap-up.

Healthy-Cooking Demonstration, Recipe Cards.

Raffle.

Awards.

*Would like to hold workshops during the week in the evenings and encourage participation in group fitness classes, weekly and possibly give homework assignments for cardio and strength training each week, i.e. burn 300 calories on the elliptical, perform 2 strength circuits (cards provided for tracking), etc.