



There are millions of people trying to lose weight. And probably just as many quick-fix diets, sure-fire gimmicks and “miracle breakthroughs” on the market. If you are one of the millions of Americans who think they’re overweight, you’ve probably tried a few of them. What you’ve probably discovered is that the pounds came lost came back almost as fast.

Get Real™ is about real-life weight management that is a down-to-earth, common-sense approach to managing your weight. Join us as we explore the reality of weight-loss from all angles; looking beyond skin-deep appearances and into the way you feel about yourself and the way you perceive how you look. So consider the following:

No-nonsense advice

No magic potions

No rigid diet regimens

No unattainable workout agendas

If you are ready and willing, we are here for you. All it takes is hard-work, perseverance, a positive attitude and a lot of honesty.



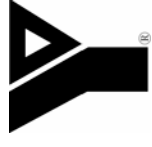
Olympia Downtown YMCA

510 Franklin Street SE
Olympia, WA 98501
(360) 357-6609

GET REAL™ WEIGHT MANAGEMENT



www.southsounymca.org



*We build strong kids, strong families,
strong communities*

Olympia Downtown YMCA



GET REAL™ WEIGHT MANAGEMENT



Week 1

Exposing the Truth About Weight Loss

The Reality Check
Self-Empowerment, Exercise & Eating
Finding The Middle Ground
The 80/20 Principle
Your Metabolism
Set Point Theory
The All-or-Nothing Approach

Week 2

Real-Life Self-Empowerment

Finding your Power to Stay Fit
Pleasure Not Punishment
Your Values & the Connection to Your Health
Fighting Societal Pressure
Body Image History
Body Composition
Stress/Overeating Connection

Week 3

Real-Life Exercise

Health VS Fitness
Your Energy Bank
Fat Loss & Caloric Intake
Guidelines for an Active Lifestyle
Strength Training
General Guidelines for Stretching

Week 4

Real-Life Eating

The Curious World of Food
Sensible Eating
The Basics of Nutrition
Water as a Nutrient
Planning with the Pyramid
Food Groups
Healthy Choices
One Last Time—Don't Diet!
Long-Term is Lifelong

Week 5

Real-Life Living

Practicing Self-Acceptance
The Magic in Life
Sharing our Stories
The Importance of Support in the Home
Resources

Week 6

YOUR Real-Life Plan

Putting It Together
Self-Acceptance & Body Image
Sensible Daily Eating
Stress Management
Weekly Activity Plan
Perceived Barriers & Strategies
Your Support Systems

WHERE TO FROM HERE?

- Increase your Self-Awareness
- See the connection between Time Management, Stress Management and Weight Management
- Attend six weekly meetings
- Do your Homework
- Record & Log your Progress daily
- Keep your Motivation in check
- Recruit a roomful of "health buddies"

Each participant receives access to a one-time nutrition consultation plus lots of helpful material with the weekly topics.

Inquire at our Member Services if you are interested to know more or call (360) 357-6609.

Fees:

Full Members - \$30 (6 Classes)

Basic Members - \$65 (6 Classes)

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For questions, call Lloyd Moore, Senior Program Director.

