



Summer TRIM Down



2017

***6 Week Healthy Eating
Weight Loss Program***

The Rec's

Summer TRIM Down

Guided Wellness

Program is a 6-week individual weight loss challenge. To date, over 1,500 participants have lost more than 23,000 pounds; finding permanent health and lifestyle changes in this successful program!

Where: All group training and nutrition sessions will take place at the Ephrata Rec Center and may be in or outside.

When: Sunday July 23 - Saturday September 2

Fees:

Member: \$180 Previous GW/BL Member: \$165

NON Member: \$225 Previous GW/BL NON Member: \$195

Includes:

- Complete body composition analysis week 1, week 6; including before and after photos.
- Customized Nutritional guidelines
- GW Gym membership for the duration of the 6 weeks
- FREE online food logging account: www.myfitnesspal.com
- 2 group personal training sessions per week for 6 weeks
- Access to a personal trainer for consultations throughout the 6 weeks
- The official 2017 Ephrata Rec Guided Wellness t-shirt.

Training sessions: time and days to be determined.

Program Components:

Individual participants will be assigned to a team. Each team will be led by one of our nationally certified Personal Trainers. Due to the nature of this program, teams are limited to a size of 8 to 10 members. Positions on the teams will be given out on a first come, first served basis. Each participant will be required to meet exercise and nutrition commitments.

Exercise and Nutrition Commitments:

- Teams will meet twice per week with their trainer. Participants will also be given exercise homework assignments to be completed between team training sessions.
- Each participant will be given customized nutritional guidelines and be asked to keep a food log of everything they eat. This will include a daily tally of calories, carbohydrates, protein, fat, sodium, and fiber. Trainers will then provide support and feedback.
- Team members will weigh in together as a team each week on the second team workout of the week.

Getting Started:

To register and be a part of the Rec's Guided Wellness Summer TRIM Down Challenge, attend the information meeting on [Tuesday July 11, 2017 @ 6pm](#) or contact

Bernadette Sheaffer, Guided Wellness Director, at 717-738-1167 x109.

Prior to beginning the program each participant will need to complete an exercise and health history questionnaire and in some cases, may be asked to get their physician's clearance.

'Go confidently in the direction of your dreams. Live the life you have imagined'.

Henry David Thoreau

Participation in Biggest Loser includes:

- Use of **more than 42,000 sq feet** of facility and over **100 operating hours per week!**
- **State of the art facilities:**

Indoor Pool

Gymnasium

Wellness Center Featuring:

- Cybex Elliptical
- ARC trainers
- Row machine
- Stationary Bikes
- Recumbent Bikes
- Weight Lifting Equipment
- Strength Training Circuit
- Aerobic Studio
- Group Cycling Studio
- Cardiovision* Equipped Cardio Studio

-Whirlpool

-Steam Room

-Sauna

- **All materials needed to get you started with a 10 Week membership to the Ephrata Rec Center**

**Any Questions: Contact Bernadette Sheaffer,
Guided Wellness Director**

bsheaffer@ephratarec.com 717.738.1167 x109