



ephrata  
recCenter

# Guided Wellness

(Formerly known as the Biggest Loser)

**Your journey  
to a healthier life  
begins here!**

**Are you looking to lose weight,  
get fit and learn how to eat  
right? Let our certified trainers  
help you reach those  
lifestyle goals!**

***Jan 22 - April 1, 2017***

# The Rec's

## ***Guided Wellness Program***

**A hand-held approach to finding and keeping a healthy lifestyle. This is a trainer guided 10-week team and individual program. 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.

**When:** Informational Meeting January 10 at 6:00 pm

Session Dates: **Sunday January 22 to Saturday April 1**

### **Fees:**

Member: \$285

Previous BL Member: \$260

NON Member: \$360

Previous BL NON Member: \$310

### **Includes:**

- Complete body composition analysis week 1, week 10; including before and after photos.
- Customized Nutritional guidelines
- GW Gym membership for the duration of the 10 weeks
- FREE online food logging account: [www.myfitnesspal.com](http://www.myfitnesspal.com)
- *2 group personal training* sessions per week for 10 weeks
- Access to a personal trainer for consultations throughout the 10 weeks
- The official 2017 Ephrata Rec Guided Wellness t-shirt.

**Training sessions:** \*low impact training land and water

\*Mon pm/Fri am \_\_\_\_\_ Tues pm/Sun am \_\_\_\_\_

Tues am/Sat am \_\_\_\_\_ \*Wed pm/Sun am \_\_\_\_\_

### **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. If needed, make-up sessions can be arranged with other training time slots. Each participant will be required to meet exercise and nutrition commitments. Weekly results will be emailed internally and will include team rankings, as well as individual results.

### **Exercise and Nutrition Commitments:**

- Teams will meet twice per week with their trainer and team for their workout. Participants will also be given exercise homework assignments to be completed between team training sessions. In addition, they will have the option to participate voluntarily in mentor workouts.
- 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.

### **Getting Started:**

***To register and be a part of the Rec's Guided Wellness Challenge, attend the information meeting on***

***Tuesday, January 10 @ 6pm or contact Bernadette Sheaffer, Wellness Coordinator, 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 the GW Program 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,  
Wellness Coordinator**

**[bsheaffer@ephratarec.com](mailto:bsheaffer@ephratarec.com) 717.738.1167 x109**