

# Weight No More

Learn how nutrition and exercise can work together to help you achieve your weight loss goal.

**This 10-week nutrition and exercise focused program is new and improved for 2010.**

Join and become part of a small group led by a team leader who helps you stay on track. Weight No More membership includes registration in a variety of wellness classes at Kish Hospital, a fitness class at the YMCA and a pass to the YMCA for the duration of the program.

**Registration is open  
Jan. 2 - Feb. 12**

**Registration is required.**

Call Sue Munz at the YMCA, 815.756.9577.

**Sign up today, space is limited!**

\$30 YMCA Member

\$85 Non-YMCA Member

**Orientation: Tuesday, March 16**

At orientation, participants meet and weigh in with their team leader. Teams are determined prior to orientation.

Programs and weigh-ins are every Tuesday, 5:30 - 6:30.

**Final Weigh-In: Tuesday, May 18**



Winners are announced at Fit Fest, May 19.

Brought to you by:



Kishwaukee Family YMCA

Call **815.756.9577** to register.