Well On Your Weigh! is a 3-step weight management program that will help you start and maintain your weight-loss efforts. The complete program is broken into three 4-week steps and participants can start at the step they feel best accommodates their fitness level.

**Get Started! $79**
January 21–February 14

Get Started! jump-starts your weight-loss efforts. Ideal for anyone interested in basic tools to manage or lose weight. This step provides:

- 12 group exercise sessions
- Unlimited access to a dietician & exercise specialist
- Personalized meal plan
- Free Omron® pedometer & online tracking site
- Personalized attention to meet your goals

**Step It Up! $69**
February 18–March 14

Step It Up! takes your weight loss to the next level and is designed for anyone who 1) has completed the Get Started! portion or 2) exercises at least 3 days per week and wants to lose weight. Through this step, you receive:

- 12 high-intensity group exercise sessions
- Unlimited access to a dietician & exercise specialist
- Advanced weight management skills, including how to get in touch with your mind-body connection, how to use fuel for energy, & how to avoid yo-yo dieting
- Help in building a friendly network to support and empower you to continue your weight loss journey
- Personalized attention to meet your goals

**Take Charge! $69**
March 25–April 18

Take Charge! puts you in charge of your weight loss journey. It is designed for anyone who has either 1) completed both Get Started! and Step It Up! or 2) exercises at least 3 days per week and wants to lose weight. Through this program, you receive:

- 12 high-intensity group exercise sessions
- Unlimited access to a dietician & exercise specialist
- Advanced weight management skills, including how to get in touch with your mind-body connection, how to use fuel for energy, & how to avoid yo-yo dieting
- Help in building a friendly network to support and empower you to continue your weight loss journey
- Personalized attention to meet your goals

All sessions meet during these times:

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>7-7:40 a.m.</td>
<td>CREC, Combative Arts Rm</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>7-7:40 a.m.</td>
<td>Mabel Lee Pool</td>
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<tr>
<td>Thursdays</td>
<td>7-7:40 a.m.</td>
<td>CREC, The Studio</td>
</tr>
<tr>
<td>Fridays</td>
<td>12:10–12:50 p.m.</td>
<td>CREC, Room 230</td>
</tr>
</tbody>
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**Webinar Option**

A 12-week webinar series open to those in the UNL community interested in weight loss or weight management techniques. This weekly educational series will provide on-going motivation and tips on healthy eating, goal setting and making daily choices to support weight loss. A pre-, mid- and post-nutrition assessment will be offered to each participant. The webinar series is recorded and available to access at a later time if scheduled times are not convenient.

Fridays | January 24–April 18
12:10–12:50 p.m. | Online

$50 UNL student, CREC member or General Public

*plus Campus Rec membership if not currently a UNL student or CREC member

UNL Campus Recreation welcomes persons with all abilities. Please inquire about the availability of accommodations for special needs. The University of Nebraska-Lincoln is an equal opportunity educator and employer.