Well on Your Weigh!

A Safe and Fun Weight Loss Program

Have you tried every gimmick to lose weight, only to shed a few pounds that you end up gaining back later? You are not alone and this program can teach you how to lose those unwanted pounds for good!

Well on Your Weigh! is a 14-week, interactive, group lifestyle program that teaches you the skills and knowledge needed to manage your weight in a healthy, fun, and safe environment.

A $1,644 total value package for only $250.

Includes:
- 42 group exercise sessions
- 28 group sessions (including nutrition, activities and support)
- 3 individual nutrition and exercise assessments
- 14 individual weekly goal setting sessions
- Unlimited access to Registered Dietitian & Exercise Specialist

Sessions are led weekly by licensed and certified professional staff who have worked with weight loss clients for 30+ combined years. They work to help you improve nutrition, increase activity with exercise and provide motivation and skills to succeed!

You must have a BMI score of 27.5 or higher or be at least 30 pounds overweight to enroll in Well on Your Weigh! Total weight loss will differ between individuals, but results can be expected if you adhere to all program guidelines.

Spring 2013 Program:
January 21–April 26

Meets every day of the week at the UNL Campus Recreation Center

Price is $250 per person plus the cost of a Campus Rec membership (if not a UNL student or CREC member).

• Payment plans available •

To enroll in Well on Your Weigh! contact:
Kimberly Barrett
402-472-9480
kbarrett4@unl.edu

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

Find Out More!
Free Info & Sign Up Sessions
Wednesday, Jan. 9 & Wednesday, Jan. 16
12 to 1 p.m. @ Campus Rec Center, Rm. 55

Pre-registration is encouraged.
Contact: Kimberly Barrett
402-472-9480 / kbarrett4@unl.edu