Well on Your Weigh!

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 progressive steps and participants can start at the step they feel best accommodates their fitness level.

1. Get Started! The Basics
2. Step It Up! Advanced Tools
3. Take Charge! Continue the Journey

Fresh Perspective Fridays

A 12-week 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 series is recorded and available to access online or at a later time if scheduled times are not convenient. Great to do with co-workers!

Fall Dates: September 5–November 21
Spring Dates: January 23–April 24

12:10–12:50 p.m. | CREC, Ste 230 or Online

$50 UNL Student, CREC Member or General Public

I started a new chapter in life and joined Well on Your Weigh! Through it, I lost weight; improved wellness levels; increased mobility, flexibility, strength, and endurance; and improved my mental health. I’ve now completed three half marathons and created long-lasting friendships with people who experienced similar struggles and triumphs.

With Well on Your Weigh!, I gave up dieting and lost 15 pounds! This no-nonsense program stresses a holistic approach. It focuses on small changes—a 10-minute walk, drinking more water, finding exercises I enjoy—to help you enjoy food more, feel less stressed, gain muscle tone and energy, and have a more restful sleep.

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.
**Get Started!** 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
- Personalized meal plan
- Free Omron® pedometer & online tracking site
- Personalized attention to meet your goals

All sessions meet during these times:

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<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>7:40 a.m.</td>
<td>CREC, Combative Arts Rm</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>7:40 a.m.</td>
<td>Mabel Lee Pool</td>
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<tr>
<td>Thursdays</td>
<td>7:40 a.m.</td>
<td>CREC, The Studio</td>
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<tr>
<td>Fridays</td>
<td>12:10–12:50 p.m.</td>
<td>CREC, Room 230</td>
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**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
- Personalized physical activity plan and additional techniques for healthy eating
- 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!** 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

**Sign up:**

go.unl.edu/weigh

Limited Space!