



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREQUENTLY ASKED QUESTIONS

## Weight Loss Program

### **What is the YMCA's Healthy Weight Loss Program?**

The YMCA's Healthy Weight Loss Program helps people lose weight by making small, modest changes to their daily behaviors and forming sustainable, healthy habits.

### **How is this program different from other weight loss programs?**

Everyone's body works differently. The YMCA's Healthy Weight Loss Program empowers individuals to design their own plans to achieve a healthier weight that they can maintain long-term, rather than prescribing or advocating for one specific method or short-term solution.

### **How does the program work?**

- Each group, which includes 8-16 people, meets one hour per week for 12 weeks. The group is led by a trained facilitator who creates a safe and supportive environment for all participants.
- During the 12 weeks, each group's facilitator leads discussions on goal setting, balanced eating, physical activity, stress, mindfulness and more.
- Participants track their daily food intake and physical activity, as well as develop weekly action plans that incorporate concepts learned during each session.

### **Who facilitates the program?**

Each group in the Healthy Weight Loss Program is led by a trained facilitator who has completed more than 30 hours of training specifically to lead this program.

### **Who can enroll in the program?**

The program is open to anyone 18 years or older.

### **What results have participants experienced?**

The program was piloted at 27 YMCAs in 2017 and produced these results:

- 70% of participants experienced weight loss, with the average for those attending all 12 weekly sessions being 8.4 pounds.
- When asked how likely they were to recommend the program to a friend on a scale of 1-10, the average rating was 8.
- 94% reported having the ability to be more mindful when eating and that they were better able to set realistic goals for themselves.

### **When does the program start?**

Classes begin the week of January 21, 2018, with new classes beginning every six weeks thereafter.

### **When can I register for the program?**

**Now!** Participants can register in branch at their membership services desk or online at [www.ymcagbw.org/weightloss](http://www.ymcagbw.org/weightloss).

### **How much does the program cost?**

- The program is normally \$99 for YMCA members and \$189 for non-members.

### **Do I have to be a member of the Y to join the program?**

No. For those who are not YMCA of Greater Brandywine members, the program cost is \$189.

### **Is financial assistance offered for the program?**

Yes. Visit the member services desk at your local branch for information.

### **Can a participant join a 12-week program at any time?**

No. Participants must enroll before the second weekly class of the 12-week program. If it is after week 2, participants will begin when the next class starts.

### **Do participants have to take an assessment prior to starting the program?**

No. An assessment is not required. The program is open to anyone interested in achieving a healthier weight.

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