

PROGRAM DETAILS

- Our program runs three months starting the second Tuesday, in January. You will receive a Better Weigh Tracker that allows you to record your weight each week.
- Registration Ends on Friday the first week in January.
- Program Orientation is the second Tuesday in January.
- Team results will be updated each week and posted in the Wellness Center (teams are in code).
- Weigh-ins can be at any time the Y is open.
- To weigh in bring your tracker and service desk staff will weigh you and record your weight. You will receive a food log to help you understand the quality and quantity of food you are eating.
- You should register as a two person team.

DIVISIONS

Division 1: Both members of the team need to lose 40 lbs. combined or less according to their BMI.

Division 2: Both team members need to lose more than 40 lbs. combined according to their BMI.

PROGRAM COST

Y Facility Members	\$29
Program Members	\$54
Program + 3 Month Membership	\$130

**For more information
visit our website at dcymca.org
or call us at 812-254-4481**

**“The Better Weigh
program has been a blessing to me! It
was a great way to kick off the new
year and exceed my expectations.
Overall I lost 18 lbs. and 15-16
inches. My energy level is higher and
having to go shopping to buy new
clothes because my old ones don’t fit
is always a plus. Thank you Daviess
County Y for
this great program.”**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GET DOWN TO A HEALTHIER YOU



**Better Weigh Weight Loss Challenge
Daviess County YMCA**

WEIGHT LOSS CHALLENGE

LET'S GET STARTED

The Better Weigh Challenge is successful because it isn't a diet. At the Y we know firsthand how difficult it can be to find balance in life. The Better Weigh Challenge is a start of a lifestyle that will help you achieve the health you want; you will learn about eating right, being active, and managing life at the same time!

ABOUT THE PROGRAM

The Better Weigh Challenge is a three month program designed to assist participants in achieving their weight loss goals. Sessions explore practical topics essential to maintaining a healthy lifestyle. Topics include healthy eating, increasing physical activity, healthy lifestyle skills, managing stress, recipe sharing, and staying motivated.

MEETING YOUR GOALS

The Better Weigh Challenge wants to help you lose weight in a healthy way. During the three month program, you will track your weight and your success! During your first session our facilitators will help you reach attainable weight loss goals. Basic measurements will be taken.

**THE Y.
SO MUCH
MORE!**

DID YOU KNOW...

Losing 5-10% of your current body weight can produce significant health benefits. Here are four of them:

1. Reduce your risks of heart disease, type 2 diabetes and certain cancers.
2. Lower your blood pressure, cholesterol and blood sugar.
3. Improve your appearance and self esteem.
4. Slashing just 100 calories a day can save as much as \$175 a year.



RULES OF ENGAGEMENT

It is highly recommended that you check with a physician before starting this or any exercise program.

Teams will consist of two people.

Winners will be based on % of weight lost.

Pregnant women may not participate.

You must participate in weekly weigh-ins. If you miss two weigh-ins in a row, your team will be disqualified.

Measurements will be taken at the beginning and the end of the contest.

Wear the same type of clothing when weighing in at the beginning and end.

You may not participate if you have or are having any kind of weight loss surgery.

One half the cash prize will be paid out at the end of the contest. The other half will be given to those who maintain their weight loss for four weeks.