

# 2012 IronOaks Healthy Weight Challenge

The information and instruction you will receive in this program will help you to form a healthy lifestyle approach to living and eating!

This group will give you the skills and support you need to focus on your health!

*Get more details on dates and times at the Front Desk!*

## Program details:

- **Pre & Post Assessment** of measurements including heart rate, blood pressure, body fat, cardiovascular testing, and more.
- **2 FREE 30 min nutrition coaching session for each participant!**
- **6 Educational sessions and group discussions** about nutrition topics to help support your success in the program!
- **6 guided WalkFit Classes** in our beautiful Oakwood community! *Cardio, strength & a stretch!*
- **Bi-weekly weigh-in** to track progress and keep to your personal goals.
- **Shopping lists, meal plans, recipes, food log, goal setting, and MORE!!**

**\$25 per person/ \$40 per couple**

**Challenge begins Monday January 9<sup>th</sup>**

**\*Sign Up begin Monday Jan 2<sup>nd</sup> \***

*Class size: 30 max.*

