

Fit-For-Life

Participants will not only learn about exercise and healthy eating habits—they will spend time doing both! Every week the participants will learn how to prepare healthy foods in our food lab after burning calories using the brand-new Youth Fitness Center equipment! Each participant will make new friends *and* learn the long-lasting benefits of leading a healthier lifestyle.

Our nutritionist, Wendy Hoy, M.S., R.D., L.D.N., will work with the participants on the value of good nutrition while our psychologist, Becky Hietsch, M.S., will address goal setting and the impact of healthy choices. Fitness Specialist Jessica Gallagher, ACSM H/FI, will work with the participants to encourage an active lifestyle using a safe and effective workout program. Having a great time is just an added bonus!

The progress of each participant will be consistently (not obsessively) monitored, evaluated, and rewarded.

The program will run on Tuesdays and Thursdays from 6pm-7pm. Food Lab will be held on Thursdays from 7:00pm-7:30pm. The registration fee is \$30. Our spring session starts on January 16 at the Carlisle Family YMCA .There is open registration. Contact Jessica Gallagher at 243-2525 ext. 230



This activity is not sponsored or endorsed
by the Carlisle Area School District



or

Register at the Carlisle Family YMCA today!

