

Research indicates that participating in an activity for **12 weeks**

establishes a routine
which will increase your rate of success to develop and maintain a healthy lifestyle.



YOUR PROGRAM LEADERS: (left to right):

KRISTIN KLINEFELTER - Registered Dietitian, Minnesota Licensed Dietitian, Masters in Adult Education.

BETH MATTSON - Certified Personal Trainer

AMBER YORK - Certified Personal Trainer

ASHLEY RUNGE- Ashley is the Community Health Coordinator for Get Fit Itasca and is currently the Master program for Dietetics.

ITASCA COUNTY FAMILY YMCA

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



S.A.N.E.
SUPPORT,
ACCOUNTABILITY,
NUTRITION & EXERCISE

A 12-WEEK GROUP WELLNESS JOURNEY

A HEALTHY LIFESTYLE YOU CAN STICK WITH... for life!

12-WEEK SMALL GROUP WELLNESS JOURNEY

The road to better health has many twists and turns, and often a pothole or two. Like many of us, you've probably been down the road before, but for one reason or another you were detoured from reaching your destination. Not enough time, you didn't find an activity that appealed to you, or you weren't motivated to stick with it.

This is for you!

Begin a new journey that can get you back on the road to better health with the YMCA 12-Week S.A.N.E. Wellness Program. This program is intended for adults in a variety of ages and abilities, and is designed to move you toward the habits and behaviors of a healthy lifestyle. Both exercise and nutrition strategies will be addressed by professionals in each field.

Class is geared to ages 18-55.

WORKOUT TRACKING

"Research confirms that recording aspects of behavior and progress towards goals enhances success in making a variety of life changes."

- Stephen J. Kraus, PhD
October 2004 IDEA Fitness Journal

What can I expect?

- Twice a week scheduled group workouts and group camaraderie with a Certified Personal Trainer
- Once a week nutrition education with a registered dietitian, including weigh-in to assess progress and discussion of dietary log
- Your first session will cover food choices, logging methods, and fitness assessments
- Realistic goal setting based on your needs and wants
- Continuous guidance and support throughout the 12 weeks
- Required workouts on your own time based on your lifestyle and fitness level

GROUP WORKOUTS

Certified Personal Trainers will lead the group workouts, focusing on proper technique to avoid injury. You will be instructed in individualizing your workouts to reach your personal cardio/heart rate target and strength goals. Group workouts will be balanced in cardio, strength, toning and stretching.

FEES

Y-Members: \$249

Non-Members: \$380 (includes an individual membership for 12 weeks)

Sample of participant food journal:

BREAKFAST

1/2 C. oatmeal	147
2 t. chia seeds	44
1 T. peanut Butter	94
1 C. almond milk	30
1/2 C blueberries	41

Post-Workout Snack Recipe:

Power Bites (makes 10 servings)

- 1 C. Oatmeal
 - 1/2 C. nut butter
 - 3 T. honey
 - 2 T. flax or chia seeds
 - 2 T. chocolate chips
- Form into balls and eat

