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FROM FAT TO FIT FOREVER

- *Does all of the conflicting diet and exercise information leave you wondering where to start?*
- *Have you tried dieting and other fad diets only to see short term results and ultimately end up back where you started?*
- *Are you unsure how much or what type of exercise will give you real and sustainable results?*

The NORWICH FAMILY YMCA's "From Fat to Fit Forever" program is your answer!

Although this program is not a quick fix to lose 50 pounds in 10 weeks, it guarantees that participants will dramatically improve their diet to achieve sustainable and long term results. The program offers many new and varied ways to *enjoy* workouts, and / or traditional resistance and cardio training to ensure you'll achieve a MUCH higher level of fitness and an improved body composition.

The program officially begins on October 4th, but potential participants are encouraged to visit Shannon Gawronski, Health and Fitness Director at the Y, at their earliest convenience for more information and to get an early start! There are YMCA "scholarships" available if the cost is prohibitive.

YMCA Member

\$50

Non- Member

\$50

plus the cost
of 3 month
membership.

**Please call 336-9622 and ask for Shannon
for more information.**