

# **Join the Norwich Family YMCA “FitLife Program” today!**

The YMCA will be offering the “Fit Life Program” beginning January 13, 2025. This program is a highly effective nutrition, fitness and improved body composition program for peak health. The cost is only \$70 for Y Members (\$70 plus monthly membership for non-members). That’s only \$1.00 a day for ten weeks of guided nutrition and fitness coaching!

All who join the program will be given a complete body composition measurement which includes body weight, body fat, skeletal muscle, BMI and inches. Another body comp is done at the five-week mark, and again at the end, so participants can clearly see their progress and results.

We use a fun and simple way to track nutrition, calories, and optimal food choices. We know simple food tracking is proven to help people learn to make better nutritional choices. Participants are given detailed feedback at the end of each week, or as much assistance as they’d like, all the way through the program, said program assistant director Pat Dietrich.

It’s important to note that participants will have complete and constant access to fitness trainers every day. The Y offers a wide variety of fitness classes that are guaranteed to improve muscular tone and strength, as well as increased cardio capacity. Trainers will help participants establish the most effective balance of strength and cardio training, all while offering many choices for every level of fitness, said Health and Fitness Director, Shannon Gawronski.

This program can be transformative for those who want to feel, look and be a healthier version of themselves! Registration for the Fit Life Program begins today! Simply register at the YMCA Front Desk. ➡