



# WEIGH OF LIFE

**IMAGINE Yourself at your Best....**WEIGH OF LIFE, is a weight management program designed to give you the support you need to successfully make healthy habits your **WEIGH OF LIFE**. Learn how to achieve success by managing and changing the way you think, feel and react to negative food and physical activity cues. This program will help you identify and overcome barriers you may experience when trying to lose weight and/or live a healthier lifestyle.

## Support Included in the Program:

- ▶ Free 30 minute Personal Training sessions each week...*certified trainer will create a fitness program to help you achieve your exercise goals!*
- ▶ Free Nutrition and Physical Activity Journal...keeping track keeps you on the right track!
- ▶ Free Pre and Post Measurements...*first to know how far you can go, you must know where you began!*
- ▶ Free Wellness Vision and Individualized Goal Modification Sessions...create a clear plan for the changes you want to make happen!
- ▶ Weekly support sessions include: weigh-in graphs, interactive educational presentations, negative habit identification and individualized action plan strategies  
...*commit to yourself, see the changes and celebrate your success!*

## Session Dates:

**Wednesday's starting Oct.4 through November 8th**

- **12:15pm-1:00pm Class time**
- **O.F. F. Education Room**

**Classes are limited, register by October 2nd. Please, only register if committed to the program– Space is limited.**

## SESSION COST:

- Oneida Enrolled, Oneida Employee and/or Oneida Family Fitness Member: **\$0**  
(Oneida Employee Health Plan Participant-Will be awarded **RAS points** upon successful completion of 5/6 sessions).
- General Public: **\$75**

**WE WANT YOU TO  
ACHIEVE YOUR BEST  
RESULTS EVER!**

**SO WE ADDED A PERSONAL  
TRAINER TO THE PROGRAM!**

Participants will receive 1 free 1/2 hour  
personal training session per week  
during the program!

# Contact Oneida Family Fitness 490-3730