

Healthy U

weight loss program



Begins August 25

A Foundation for Lifelong Health

Being healthy is more than a number on the scale; it is about eating well, being active and having the energy to enjoy the life you want and deserve! Ready to make a shift in your lifestyle, but don't know where to start?

Gain Support and Accountability for Change

Join the new Healthy U program, a group program for healthy living and weight management.

Program Includes:

- Pre and post-testing: weight, body composition, blood pressure, cholesterol, blood sugar, triglycerides, dietary intake and occupational stress levels
- 30-minute educational group sessions held once every two weeks. Attend the session that is most convenient for you:
 - Wednesdays at 12:15 PM
 - Wednesdays at 5:15 PM
 - Thursdays at 7:15 AM
- Optional one-on-one dietary counseling and fitness coaching sessions
- Guidance and support to make long-lasting lifestyle changes

Plus, receive the opportunity to participate in a weight loss research study. The study is in conjunction with the program, but is optional and voluntary.

Available to BGSU faculty and staff, as well as spouse/same-sex domestic partner.

Cost:

\$50/semester (16-week program).

Attend 5 of the 7 programmed meetings, and receive a \$20 refund. The other \$30 pays for pre-and post-testing expenses.

Registration:

Online: www.bgsu.edu/wellaware

In-Person: Student Recreation Center Welcome Desk.

Registration deadline is August 19.

Is Healthy U right for you?

Find out by attending a free "Are you Ready?" informational session on August 12 at 12:15 PM or 5:15 PM in the Health and Human Services 217.

For More Information:

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Food and Nutrition Program

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**Recreation
and Wellness**