



Happy New You!

Join Vtrim @ the Y this New Year and discover the answers to sustainable weight management in 2010



Manage your weight for a lifetime with the support of Vtrim Online and the YMCA. Go to vtrim.org/ymca for more information

Cost

Member Rate: \$329.00
(includes 3 month individual membership credit)

Non-Member Rate: \$429.00
(includes 3 month individual membership)

Program Components

- A calorie goal to lose 1-2 pounds per week
- A graduated exercise program
- 12 weekly behavior modification lessons
- Weekly professional guidance and feedback
- Group support from an expert leader and peer group members
- Online tools and graphs
- Ongoing support upon completion

12 Week Class Details

Online

Tuesdays from 7:00-8:00pm
February 23-May 11, 2010

or

Thursdays from 7:00-8:00pm
February 25 - May 13, 2010

What is Vtrim Online?

- A program to manage your weight through a prescribed calorie and exercise goal.
- A pathway to sustainable weight management by changing your perspective on food and exercise
- A program that provides expert weekly feedback from a Certified Vtrim Facilitator and peer-to-peer group support from other participants

About Vtrim

Vtrim Online is a behavioral approach to weight loss developed as a result of 17 years of scientific research by the University of Vermont. Vtrim was developed by Jean Harvey-Berino Ph.D., R.D., a nationally recognized weight-loss researcher at the University of Vermont.

About Vtrim @ the Y

Vtrim is partnering with the YMCA's to broaden the reach of evidence-based weight loss programming. The YMCA provides the exercise support to succeed with Vtrim.

Registration Information

To Register or if you have questions, please e-mail or call **Jerri Pratt, Assoc. Health and Wellness Director**
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