

The Jamestown YMCA's ***Mission Meltaway***



It's time for you to change your life, one bite and step at a time!

Mission Meltaway promotes healthy living, NOT deprivation.



Eat 5 servings of fruits and vegetables a day. Limit fat to between 20-30% of total daily caloric intake.

Benefits of participating:

- Stop regaining weight – learn tips and techniques for long-term and sustainable weight loss.
- Control diabetes, blood pressure, and cholesterol, and receive ongoing support.

Each meeting will include 30 minutes of exercise and 30 minutes of nutrition education!

What is Mission Meltaway?

- An **8-week** weight management education program.
- Encourages lifestyle changes to improve nutrition and increase physical activity to achieve and maintain sustainable weight loss.
- You'll learn to identify appropriate portion sizes and make healthier choices.

Get Started!

1. Register at the Jamestown YMCA, 101 E. 4th Street or online at www.jamestownymca.org by **no later than Friday, July 2.**
2. Attend Mission Meltaway Meetings each Monday from 7-8 PM for 8 weeks.
3. Lose weight and feel great!

YHEALTH & FITNESSTM

We build strong kids, strong families, strong communities.