



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Create a Healthier, More Balanced You

Stanford's Evidenced Based-*Healthy Lifestyles* Program

Have you gone on diets, tried nutrition, or exercise programs and have not been successful at sticking with it long enough to change old habits? The Healthy Lifestyles Program can help you break through this "start-stop" cycle. *Healthy Lifestyles* is a scientifically proven program that uses the power of groups, along with one-on-one-coaching to help you achieve your personal goals. Participants will meet with Dr. Stuart Offer, a trained facilitator, and a group of 12-15 like minded individuals for 22 one hour sessions. You start with a one-on-one assessment and then your groups meets every week for the first month and twice a month for the remainder of 10 months focusing on behavioral change. Participants will work with their facilitator and buddies in your group to learn skills, build and maintain support for the healthier lifestyle habits they select. Some may focus on integrating physical activity into their daily routine, others may be working on healthy eating, weight management or coping with stress. This program will empower you to create the life you deserve.

Why the Healthy Lifestyles Program?

- Provides a supportive and motivating environment for success
- Gives you the tools to increase energy, become more active, reduce anxiety and stress, lose weight, change your eating habits, and find more balance in your life
- Uses an evidenced based Six-Step Method for Behavioral Change, which was scientifically tested for over 30 years at Stanford University
- Ongoing support through a 10-month process
- Teaches how to set short- and long-term goals, identify barriers, undertake a new health and well-being routine, and how to track your progress and success.

For more information contact Dr. Stuart, Wellness Director,
at 862-8993 ext. 157 or soffer@gbymca.org.

GREATER BURLINGTON YMCA
266 College Street, Burlington VT 05401
P 802 862 9622 F 802 862 9984 gbymca.org



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Healthy Lifestyles Program participants have said:

"*Healthy Lifestyles* offers a very different and personal way to get started and stick with your goals. I had the opportunity to figure out what worked best for me."

Amy

I would tell people who are struggling or disappointed by their past attempts that the *Healthy Lifestyles* program is a positive environment that can give you the tools you need to get through those struggles that make you quit."

Doug

"Meeting weekly with incredibly supportive, like-minded people helped me achieve my goal and learn a lot about myself. Once I started seeing results it was easy to stick with it."

Carol

"I had tried almost every other program out there. I think (*Healthy Lifestyles*) is a good program for most anything you want to work on or change about yourself, especially if it is related to weight or fitness."

Cindy