



# ***“GET REAL” Weight Management Class.***

***What is it? “Get Real” is about learning to enjoy a healthier life through healthier habits.***

***When is it? Starts Feb. 8, 2009. Monday nights 5:30-6:30 pm or Tuesday mornings 8:00-9:00 am.***

***Where is it? Reidsville YMCA BB&T room.***

***How much does it cost? \$25.00 for members \$40.00 for non-members.***

***This 10 week program highlights:***

***Nutrition  
Fitness  
Self-image***



***Get Real Philosophy***

***The concept of real-life weight management is the dynamic interaction of three aspects of our lifestyle: adequate activity, sensible eating, and self-empowerment.***