



W6 KICKSTART

Where will you be in 6 weeks?

Works 6-Week Kickstart Challenge is here!

Program starts June 25th

Exclusive member only pricing: \$300 for full program

Limited to 10 participants

What is W6 Kickstart?

We will help kickstart you into a new lifestyle routine that offers professional support and accountability. This program incorporates elements of basic nutrition education along with 3x/week individualized group fitness support. You will be provided with the resources to understand your basal metabolic rate, (BMR) and know your caloric requirements based on your goals and weekly activity level. The program will consist of three Small Group Training (SGT) classes weekly. Two classes held at 6:30am on Tuesdays and Thursdays and the third class you are welcome to take any of the other SGT classes on the schedule.

See back to learn more and see what's included!

A chance to win 2 free personal training sessions or 8 SGT classes. Attendance of 16 or more SGT classes is required to qualify for the prize.

Those who qualify will enter a raffle "pool". Winner will be drawn from the pool. Up to a \$120 value.

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What's Included:

One-on-One Consultation with Fitness Consultant:

Session 1: *Goal assessment, BMR evaluation, Pre-program body composition and functional movement screen completed prior to program start*

Session 2: *Completed within two-weeks of program end. Includes goal review, post-program body composition, functional movement screen and professional guidance to next steps*

- *Weekly email support providing our Dietitian's recipe of the week, our fitness specialist's personalized fitness program of the week and weekly motivation*
- *One scheduled Lunch & Learn nutrition seminar with our Registered Dietitian*
- *Participants can purchase a MyZone belt for only \$60 before or during the program*
- *Ongoing support available for questions or concerns during the 6-weeks*



Ready to start? Contact Corinne.Cannata@wdhospital.org to register today!