



Are you ready for a healthy challenge?

The Well Balanced Challenge is a holistic healthy lifestyle and weight-loss program that gives you the ability to lose and control your weight. There are no tricks, secrets or gimmicks behind it, just valuable information to help you enjoy and sustain weight loss.

Who would benefit from a Well Balanced Challenge?

- Anyone looking to develop healthy eating and exercising habits
- Anyone tired of dieting
- Anyone looking to improve their cholesterol or blood sugar
- Anyone wanting to provide the best nutrition for their families
- Anyone who wants to break the cycle of losing weight just to gain it all back

When is the Challenge offered?

The challenge is offered three times annually: **January, May, and September.**

How does it work?

Participants meet once each week for 12 weeks at Family Fresh Market. Measurements including weight, inches, and body fat percent are determined at the beginning and end. Weigh-ins are done weekly and in private. During the 12 weeks each participant will have the opportunity to meet one-on-one with our registered dietitian Mary Jo Brunner to receive personalized nutrition advice. A different class topic is covered each week for the 12 weeks.

Classes cover topics such as:

- Goal setting & food journaling
- Labels, ingredients, putting meals together
- Making healthy choices in the grocery aisles
- Calories & portions
- Nutrients: carbohydrates, protein, fat, fiber, & sodium
- Metabolism & emotional eating
- Physical Fitness

Cost: \$55 (\$4.50 per week) or sign up with a friend for \$50 each

Includes:

- One on one consultations with the dietitian
- 12 weeks of informational meetings led by professionals in weight management
- Coupons for savings on groceries
- Weekly challenges with prizes

Earn your money back in savings and prizes

Each week participants have the opportunity to earn savings on their next shopping trip, depending on their weight loss for the week. The participant with the largest weekly percentage weight loss is awarded. Participants earn valuable points when they complete weekly challenges and meet their goals.

How do I sign up?

You can Sign up at customer service or with Mary Jo in store. Or email your interest to wellbalanced@nashfinch.com. Full payment is due at time of sign up. Space is limited to 15 people.