Simple Step: Healthy Weight Program

This eight-week weight loss program is for faculty and staff just starting a conscious effort to lose weight. Individuals will explore their unique habits, gain skills to overcome barriers to weight loss and get tools for changing diet and lifestyle. The small group setting provides a supportive and encouraging atmosphere.

The Simple Step: Healthy Weight Program will educate individuals who need help losing weight, controlling their blood sugars or improving their blood lipid levels. Classes will be experiential, thought provoking and inspiring to help individuals maximize their personal well-being.

Class Times:

Mondays, 11 a.m. to 12 p.m., Jan. 25—March 14
Tuesdays, 11 a.m. to 12 p.m., Jan. 26—March 15
Wednesdays, 5 p.m. to 6 p.m., Jan. 27—March 16

Location:

Global Village, building 400, room 2290
Global Village, building 400, Better Me Fitness Studio

Classes will be facilitated by a multidisciplinary team including a registered dietitian, personal trainers, and health fitness specialists.

Interested participants are required to attend an introductory meeting prior to program launch.

E-mail Betterme@rit.edu to set up your initial meeting

Questions? Contact Sue Grace at: smfpsn@rit.edu or 585-475-7386