PROGRAM INCLUDES:

- 12 weekly one-hour sessions
- 9 monthly follow-up sessions
- Personalized wellness plan
- Ongoing access to Y wellness coaches
- Access to nutrition and fitness professionals for continued support (extra cost)

Testimonials...

"The Lose to Win Program provides a supportive, non-judgmental environment for those of us dealing with weight issues. The weekly meetings are important because members can share ideas and information and they keep us accountable."

"The Lose to Win program is a positive environment that can give you the tools you need to get through struggles that make you want to quit"

Lose to Win is included with your Y membership and available at any of the YMCA of Greater Seattle locations.

LEARN MORE > seattleymca.org/losetowin

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.
I had the opportunity to figure out what worked best for me.

▷ LOSE TO WIN CAN HELP YOU:
  • Lose weight
  • Change your nutrition
  • Increase energy
  • Become more active
  • Feel better

▷ HOW TO GET STARTED:
  Already a Y member?
  Register online at seattleymca.org or at Member Services.

  Not a Y member yet?
  Sign up now at seattleymca.org or visit a YMCA branch near you. Financial assistance is available.

  *The program is open to Y members only. You must be at least 18 years old to participate.

▷ QUESTIONS:
  Visit Member Services at your YMCA branch.

The Y’s weight loss approach is smart, effective and sustainable. No gimmicks, restrictive approaches or quick fixes – just encouragement, a supportive community and the tools you need to reach your goals. We’ll help you tailor a path for your unique needs that leads to ongoing success.

▷ SET FOR SUCCESS
  The benefits of participating in Lose to Win long outlast the program. You’ll get connected to other supportive resources along your journey that will help you make the most out of your membership.

▷ THE TOOLS YOU NEED
  Lose to Win takes a holistic approach to health and weight management. In the program, you’ll gain awareness about your unique nutrition and fitness needs. For 12 weeks, your coach will lead a group one-hour session that covers common obstacles of successful, sustained weight-loss, fitness planning and nutrition information.

▷ WE’re ALL IN THIS TOGETHER
  You are not in this alone. You’ll be joined by a small group of others just like you, who will support and motivate you to reach your goals, encourage you through challenges, and celebrate successes along the way! Making change can be hard to do alone. Groups provide accountability and support. Build awareness about what works for you while in a supportive community.

  This program provides helpful strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight and keeping it off such a challenge.

“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.”