

lite'n up

Building a Healthy Attitude
Towards Food and Fitness



For More information please contact **Angie Scheetz**, at **317.274.3432 ext 239**, ascheetz@nifs.org or visit www.nifs.org.

This 8-week behavior modification program for both men and women provides participants with the tools to select healthy foods and incorporate exercise into their daily lives. Unlike many programs that promote a "quick fix" for weight loss, Lite'N Up encourages gradual changes in attitudes and behaviors related to nutrition, exercise and wellness. By incorporating these changes, participants are able to improve their health and effectively manage their weight.

Program Features

- Nutrition, exercise and wellness educational sessions.
- Instruction by registered dietitians and certified fitness instructors.
- Supervised exercise sessions utilizing the unique Fitness Center at NIFS.
- Personal nutrition coaching, fitness evaluations and workout plans.
- Healthy snacks and recipes.
- Cooking demonstration and grocery store tour.
- Non-members receive a membership to the NIFS Fitness Center during the program and a discount if they join within 30 days after the program.

2010 Lite 'N Up Schedule

Program is offered 4 times per year—8 week sessions on Tuesday nights.

January 12–March 2

March 30–May 18

August 3–September 21

September 28–November 16

Each class runs 90 minutes in length (6-7:30 pm).

- 45 minutes with a registered dietitian focusing on a nutrition topic and enjoying a healthy snack
- 45 minutes with a Health/Fitness Specialist (HFS) focusing on a new exercise activity

Emphasis will be on healthy cooking and planning/actual moving and activity

Class 1: MyPyramid Introduction/Facility tour

Class 2: MyPyramid/Rate your Plate/Building Your Cardiovascular Fitness/Fitness At Home

Class 3: Healthy Eating on the Go/ Balanced Nutrition/ Circuit Training

Class 4: Meal Planning/In the Kitchen 101/ The Savvy Shopper /Flexibility Training

Class 5: Grocery Store Tour

Class 6: Skinny on Fat/Stress Address/Getting Started With Yoga

Class 7: Cooking demo/ Indoor Cycling

Class 8: Breaking the Behavior Chain/Barriers to Weight Loss/Training with Tubes/ Pitch-In/Graduation