



your
BODY
your
LIFE

YOUR **CUSTOM** WEIGHT LOSS PLAN

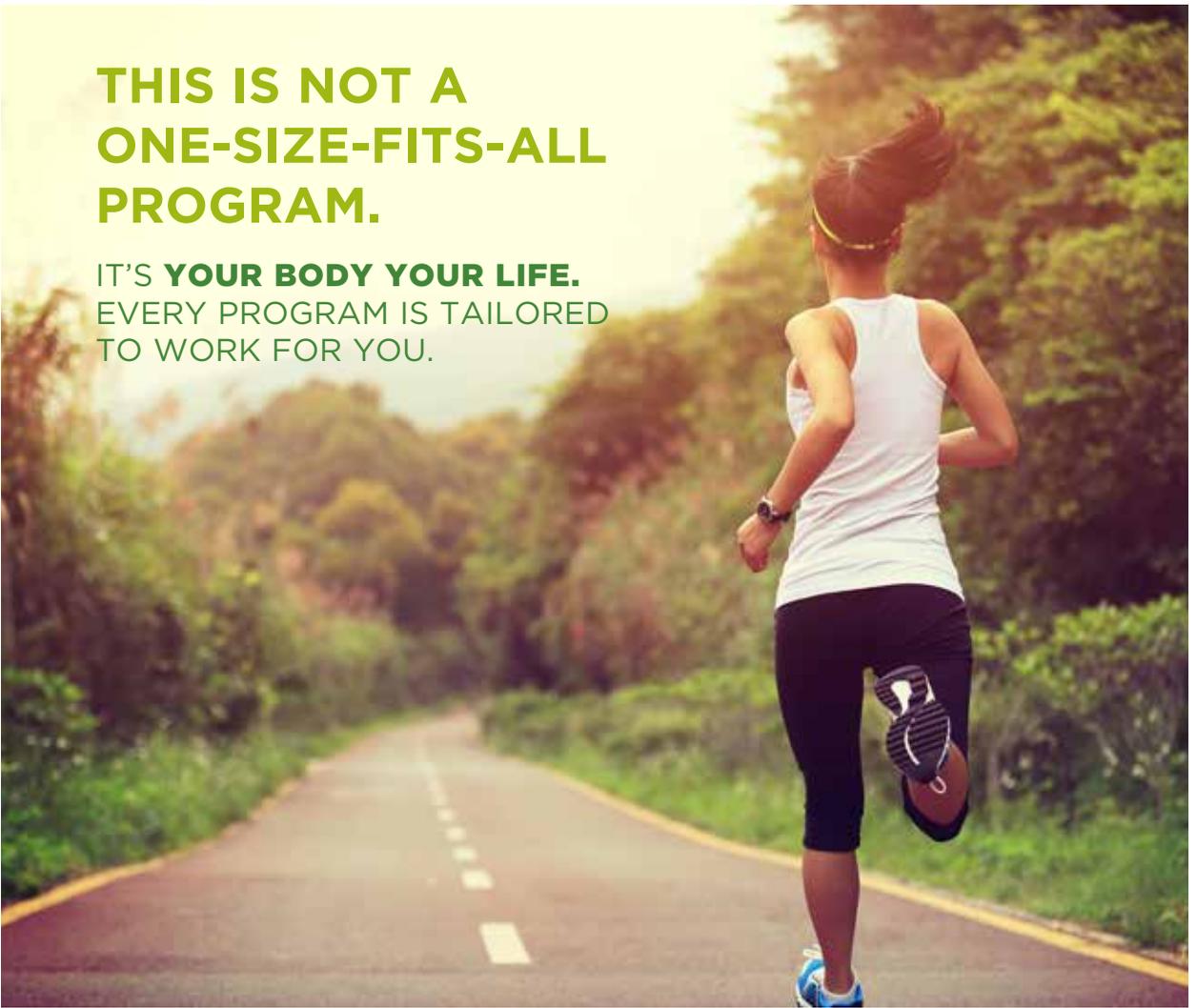


NEW
UPGRADED
PROGRAM**

wellness 
at the BELLEVUE CLUB

THIS IS NOT A ONE-SIZE-FITS-ALL PROGRAM.

IT'S **YOUR BODY YOUR LIFE.**
EVERY PROGRAM IS TAILORED
TO WORK FOR YOU.



PROGRAM OVERVIEW

Your Body Your Life is a revolutionary program individually tailored to each participant's unique needs and goals. Do you need help with nutrition? Need help with cardiovascular or strength training? Let our team of experts take care of your questions and concerns, not just telling you what to do, but actually teaching you how to do it. Many other programs offer quick results that don't last. But in six weeks, you will obtain the skills, tools and results necessary to make a lifelong commitment to amazing health and vitality.

PROGRAM BENEFITS

- Sustainable weight loss
- Increased muscle mass
- Improved blood pressure
- Improved cholesterol
- Lower blood sugar
- Lower stress
- Improved body image
- Increased overall fitness
- Improved sports performance

Stop the frustration and start the celebration. In six weeks, you can make changes that will benefit you for a lifetime.



PROGRAM DETAILS

Each participant will receive the following:

WELLNESS CONSULTATION:

During your consultation appointments, you will meet with a YBYL team member to set your program goals and discuss any preferences you have moving forward. This meeting also includes an InBody body composition test, initial circumference measurements, and strength and flexibility testing. *(Initial and follow-up assessment)*

THRESHOLD TESTING:

This test will tell you exactly the heart rate at which you should be exercising, where you are most efficient, and your low and high thresholds. This test is an absolute necessity if you're looking for weight loss, enhanced performance, or to be as efficient as possible during your workouts. *(Initial and follow-up assessment)*

NUTRITION GUIDANCE:

Six individualized nutrition sessions with a registered dietitian which includes menus, meal planning and nutrition education to assure you'll be able to make lasting changes that work for you. *(Six meetings, one per week)*

HEART ZONE CARDIOVASCULAR TRAINING:

Six one-on-one cardiovascular coaching sessions that focus on developing and monitoring your cardio workouts to make sure they are efficient, effective and fun. *(Six meetings, one per week)*

PERSONAL TRAINING:

Twelve individualized personal training sessions focused on increasing your strength, toning muscle and improving endurance. Whatever your fitness goals, your personal trainer will help you accomplish them. *(Twelve meetings, two per week)*

ALSO INCLUDED:

Three massages from a Bellevue Club massage professional, a heart rate monitor and a bag of goodies, including a digital food scale, food and exercise tracker, and a binder to help organize all your YBYL program materials.

COST:

Six-week program: \$2,500 plus tax



FAQ'S

How often does the program start?

The YBYL program does not have set start dates. You can begin when it is convenient for you. Tailored to fit your needs, we design the start date and meetings around your schedule.

I travel a lot. Is that OK?

Yes, the YBYL program can be scheduled around work and travel schedules.

How is this program different from other weight loss diets?

YBYL is a true lifestyle change, not just a diet or quick fix. The purpose is to teach you how to fit exercise and healthy eating into your current life and implement new habits moving forward. Meal plans are whole food-based and offer examples of what healthy eating looks like in the real world. YBYL encourages balanced menus and does not eliminate any foods groups unless needed for food allergy purposes.



TESTIMONIALS

"I knew that abstinence-based programs wouldn't really work for me. I needed something more sustainable, more flexible. ... It helped me be responsible and make consistent, intelligent choices. Knowing it's not your typical program, it's an approach to living life, made a huge difference."

—Jack Ryder, CFO Microsoft North America

"To my delight, the diet plan was easy to follow but also filled with surprising compromises. The dietitian asked about my likes and dislikes and made recommendations and substitutions when I expressed concern. ... Then there was the physical aspect. I used to think a personal trainer was like a drill sergeant who yelled while you did series of push-ups and sit-ups. It seemed unnecessary, and I believed watching instructors on DVDs would achieve the same results. I was wrong. I can't express the respect I have for my trainer."

—Bonnie Tankovich, Communications Director



To get started or for more information, email wellness@bellevueclub.com or call 425.688.3172