



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



TYLER YMCA FAT PANTS PROGRAM

STEP ONE: JOIN THE Y

Join the Y in November to take part in the Fat Pants Program

STEP TWO: LOSE THE WEIGHT

By joining in November, you'll be able to participate in these great incentives:

Personal Fitness Consultation: facilitated by a YMCA fitness professional, the consultation will identify individual needs and goals and establish a plan to move toward improved health, fitness or performance.

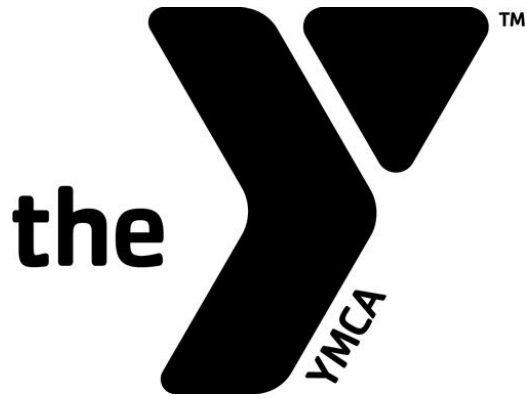
Personal Fitness Assessment: establishes baseline measurements from which individual fitness progress may be tracked.

YMCA Get Fit Club: A 10-week weight loss program that helps individuals chart their course to realistic, long term lifestyle changes. Beyond assisting with weight loss, Fit Club provides member with education and support in their pursuit of improved health and fitness.

YMCA Activtrax & Nutrition Coach: use our online coach and Complete Nutrition personal nutrition consultants to help individuals create completely balanced meals using your favorite foods.

STEP THREE: DONATE THE PANTS

After losing all the weight, you'll need smaller pants. But what will you do with the old ones? Why not donate them to someone in need? That's just what we'll do. Join us in donating your pants to the Salvation Army



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**LOSE WEIGHT.
DONATE YOUR PANTS.
LEAVE THE "HOW"
TO US.**

TYLER YMCA FAT PANTS PROGRAM



DOING THE MOST GOOD™

completenutrition™
Look better. Feel better. Perform better.