



Ramp Up to Weight Loss

Ramp Up to Weight Loss Membership is an amazing program that will provide all the tools you need to achieve your weight-loss goal.

This is a 14-week membership in which you commit to initiating and maintaining lifestyle changes to create a healthier you! Your health is our number one concern, and by utilizing personalized nutrition plans, exercise programs, lifestyle changes and lots of support, we will help you achieve your weight loss goal!

Start with a Goal

We start by having you Create SMART goals and an action plan to achieve those goals. We then provide all the tools you need to get started the right way.

FITNESS ASSESSMENTS

Fitness assessments are used to evaluate your current fitness level and help create a safe and effective individualized exercise program for you.

- **BODPOD®**— This test will measure your body composition using air displacement. The BODPOD is commonly known as the “Gold Standard for fast, efficient and repeatable body composition” testing. You will get fat and fat-free mass measurements in a short amount of time. This test is safe and able to test all body types and sizes.
- **Functional Movement Screen (FMS)**— This is an assessment designed to rank movement patterns that are important for normal function. The FMS assessment will identify functional limitations and asymmetries. Once identified, these limitations can be reduced to help improve functional training and physical conditioning.
- **Measurements, Heart Rate and Blood Pressure**— Body Circumference measurements will measure your arm, thigh, waist and hips. This is a great tool to track how many inches you can lose during the program! Your resting heart rate and blood pressure will be measured as well. These are key indicators for heart disease and other chronic diseases.



PERSONAL NUTRITION COACHING

Nutrition plays the largest role in succeeding in your weight loss goals. A great tool included in the Ramp Up to Weight Loss program is personal nutrition coaching and regular feedback from a NIFS Registered Dietitian. Nutrition services you will receive in this program include:

- Two Personal Nutrition Coaching sessions with dietitian to analyze your eating habits and create a nutrition plan specific to you!
- Access to the NIFS My Nutrition Coach App. This new app will allow you to track your daily meals and snacks and receive daily feedback and suggestions from the dietitian via email.



Exercise Sessions

Exercise is a key tool to help you burn more calories, gain strength and endurance and increase your self confidence. Each week you will meet with NIFS Weight Loss Coordinator or a NIFS Certified Trainer. You will get two 30-minute sessions where the focus will be on strength, endurance and flexibility, while also increasing your heart rate. These sessions will be full-body workouts individualized to you and your needs.

Coaching Sessions

Every 4 weeks during the program you will meet with the Weight Loss Coordinator for a personal coaching session. These sessions allow you to ask questions, reflect on your accomplishments and progress and make any changes to your individual program. The Weight Loss Coordinator will also use these meetings to coach and guide you through making healthy habits and lifestyle changes.

Hear what a Ramp Up to Weight Loss Member has to say:

“Attend all the coaching sessions. Have Cardio sessions at least 4 times a week. Be really careful on your diet and try to correct your diet to a healthier one. Know that making a change is hard and there will be times that you will be disappointed and not feel like attending the gym. At those times be strong and say to yourself that I want to be well shaped and healthy and I will go on. YES!! I just get ready to go to the gym!”

—Asma, Decreased her body fat % by 6.2% in 14-weeks!

As we work together, I hope to guide you along the way towards reaching your weight loss goals. When you lose weight, you should take delight in your success and take in all the rewards that come with it!

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