



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DITCH YOUR DIET

**WANT TO GET AND STAY HEALTHY? DITCH YOUR DIET!**

Wednesday, September 16, at 12 pm – FREE and open to the community

NSYMCA Virtual Program [click here](#) to participate

Or call 312-626-6799 and enter ID: 955 5610 3135 and Passcode 905424

Let's talk about a few popular diets – keto, paleo, whole30, volumetric, intermittent fasting. Then let's discuss why it isn't the diet that matters when you're trying to get and stay healthy. There are many options available and they don't have to include restriction, at the basis of every diet.

## Expert Nutritional Advice

Precision Nutrition Certified Nutrition Coach and YMCA Personal Trainer, Anna Harris, will help you understand that dieting isn't the key to sustainable weight control or to good health for that matter.

## Learn what to consider:

- Why diet mentality is so pervasive
- What you do after the diet
- Mindset on and off the diet
- Sustainable solutions for weight loss
- Following your goals
- Consistency

## A part of the NSYMCA ADULT EDUCATION SERIES

The NSYMCA is located at 2705 Techny Road, Northbrook, IL  
Check out all our virtual programs at [www.nsymca.org](http://www.nsymca.org)

Register for this program to receive a reminder email [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org)

