



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

YMCA Launches New Lose to Win – Spring into Summer Fitness Challenge

Northbrook, IL: April 2015 – The North Suburban YMCA will start a new Lose to Win Fitness Challenge on April 20, following hot on the heels of a hugely successful inaugural program this winter. “Lose to Win – Spring into Summer” will include intensive personal training, group exercise classes, and nutritional counseling to maximize weight loss results over a ten-week period. Participants gain extra motivation from friendly competition, with valuable prizes going to those who lose the greatest percentage of their starting weight.

“We are so excited to continue the momentum that our Lose to Win program developed this winter,” said Marlo Leaman, Director of Wellness. “Our participants achieved great results: we had one man lose 40 pounds and a woman lose 30 pounds in the 12 week session, and everyone lost inches and experienced tangible health benefits. The social support and comprehensive nature of the program provides the tools and knowledge to make that success permanent.”

The “Lose to Win—Spring into Summer” program will run from April 20 to June 13. The package includes six hours of personal training, a weekly small group exercise session, a group nutrition education class, and two hours of private nutritional counseling. At the end of the session, participants who lose the highest percentage of their starting weight will be awarded prizes: the first place winner will receive a free three-month membership to the NSYMCA, while second and third place finishers will receive two-month and one-month memberships respectively.

Registration is now open for the “Win to Lose—Spring into Summer” Fitness Challenge. All programs are held at the North Suburban YMCA, 2705 Techny Road in Northbrook. For more information, visit www.nsymca.org or contact Megan Vazquez at mvazquez@nsymca.org or 847 272 7250.



NSYMCA Fitness Instructors Megan Vazquez (left) and Carl Marella demonstrate proper form for TRX training, just one of the exercise options available in the Y's upcoming Lose to Win -- Spring into Summer Fitness Challenge.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.

