



Ramp Up to Weight Loss

Weight loss doesn't always come easy but setting realistic, attainable goals and developing a strategy to achieve them will increase your likelihood of success! Our 16-week program is designed to motivate you to make lifestyle changes that will help create a healthier you! Your health is our number one focus, by utilizing fitness assessments, customizing your exercise programs and personalizing your nutrition, our goal is to help you achieve successful weight loss!

This is not a cookie-cutter, one size fits all program. You will have one-on-one contact with your NIFS trainer and registered dietitian regularly to customize a weight loss program that will work for you.

RAMP UP TO WEIGHT LOSS PROGRAM STARTS WITH:

- An-depth 60-minute orientation session with a Registered Dietitian and/or Exercise Physiologist to discuss goals, concerns, and make a sustainable and realistic plan to reach goals
- Two, 60-minute Personal Fitness Evaluations with Exercise Physiologist. The first will help determine a baseline, and help create a tailored evidenced-based exercise plan before starting exercise sessions. The second session will be done at the end of the program
- A 45-minute exercise routine walkthrough with Exercise Physiologist or Personal Trainer to provide you with a customized warm-up routine and address any concerns you may have regarding your sessions
- Body Composition Analyses using state of the art equipment including BOD POD® and Fit3D (for those local to Indianapolis)

PERSONALIZED WORKOUTS AND PROGRAMMING INCLUDES:

- 2x per week, 30-minute 1:1 personalized exercise sessions with Exercise Physiologist or Personal Trainer to meet you at your fitness level
- Official results sheet of progress and changes made throughout the program
- Exclusive Access to Exercise Library with complete workouts

PERSONAL NUTRITION COACHING INCLUDES:

- Four, 60-minute, monthly 1:1 consultations with Registered Dietitian creating realistic, and evidence-based nutritional plan
- Exclusive access to NIFS Nutrition Tracking App
- Weekly food logs reviewed and analyzed by an Aligned Health Registered Dietitian
- Weekly support email and access to Healthy Recipes with an Aligned Health Registered Dietitian

For more info contact Tim Howard, Fitness Center Manager at 317.274.3533 ext. 244 or by [email](#).

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