

Frequently Asked Questions:

How much weight will I lose?

Many people lose the most weight their first week because they are losing some water weight along with their fat loss. The meal plans are designed to give you a safe, effective weight loss of 1-2 lbs per week.

Do I have to follow my Meal Plan exactly?

No. The studies show by following your meal plan just 80% of the time you will still get results. You can dine out on the weekends and your Wellness Coach will teach you how to make substitutions.

Why does this program cost money?

In addition to having the accountability and support of a Wellness Coach, the meal plans are designed by Registered Dietitians. If you went outside the Y, you would find the average cost to see a Registered Dietitian is about \$100 an hour.

I already track what I eat on an app (Lose It/MyFitPal, etc.). How is this different?

Evolution Nutrition is different in that its database has over 65,000 food choices and provides an accurate breakdown of their carbohydrate, protein and fat calories.

Will this work for me?

Evolution Nutrition is not a diet. It is a program that will help you make real behavioral changes that will stick. It gives you the tools and support to take what you know you want to do for yourself and actually do it.

**Evolution Nutrition
is Different.
It's Real Food.
Real Support.
Real Change.**



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVOLUTION NUTRITION



**YOUR JOURNEY
STARTS WITH YOUR
FIRST APPOINTMENT**

When it comes to health and proper weight management, it's not just what you do in the gym - it's really about what you are doing in the kitchen. Good nutrition can improve your heart health, blood pressure and cholesterol levels. In addition, 80% of your ability to lose and maintain a healthy body weight is determined by what you eat. **The Y offers you three options for a nutrition program that will help you reach your goals:**

1.



JUMP START

RECEIVE

- Three one-on-one goal setting and nutrition consultations with a Y Certified Wellness Coach
- Weekly Personalized Menu Plans designed by Registered Dietitians
- Convenient accompanying grocery shopping lists
- Easy-to-follow recipes
- Weekly assessment tracking, including weight and measurement results

\$76 Members
\$95 Non-members

2.



JUMP IN

RECEIVE

- Six one-on-one goal setting and nutrition consultations with a Y Certified Wellness Coach
- Weekly Personalized Menu Plans designed by Registered Dietitians
- Convenient accompanying grocery shopping lists
- Easy-to-follow recipes
- Weekly assessment tracking, including weight and measurement results

\$126 Members
\$158 Non-members

3.



JUMP ON

RECEIVE

- Twelve one-on-one goal setting and nutrition consultations with a Y Certified Wellness Coach
- Weekly Personalized Menu Plans designed by Registered Dietitians
- Convenient accompanying grocery shopping lists
- Easy-to-follow recipes
- Weekly assessment tracking, including weight and measurement results

\$201 Members
\$251 Non-members

Questions? Contact Ann Conway, 760.942.9622, ext. 12523, or aconway@ymca.org.

Note: Programs purchased are non-refundable. Expires six months from date of purchase.