

Program Time Line

Phase 1

- Week 1-12 -

Basic Fitness and Nutrition

Phase 2

- Week 13-26 Lifestyle Habits -

Consistency, Intensity, and Frequency

Phase 3

- Optional -
Maintenance

Program Coordinator

For questions regarding the
Pounds-A-Weigh Program
please feel free to call;

Felipe Veracoechea at 832-867-7373
email coechea@hotmail.com



Program Features

- Group lecture meetings every other week
 1. 30 Minutes of material
 2. 15-30 Minute of Q & A
- Daily journal and reference manual
- **Polar** heart rate/calorie monitor
- 30 Day supply of multi-vitamin
- Weekly accountability meetings with fitness advisor
- Initial meeting with fitness advisor will be;
 1. Measurements
 2. Exercise goal setting
 3. Heart rate monitor set up
 4. Calorie set up.(Through on-line Vitabot, on-line diet meal tracking website.)

Additional Features

- Group workout classes twice a week
- Opportunity to form group workouts with fellow participants
- Goal achievement awards

Member Program Cost

- Start up Cost \$403
(Phase 1 & 2 Included in the cost)
- Then \$34 per month for maintenance
(Optional)

Non-Member Program Cost

- Start Up Cost \$543
(Phase 1 & 2 Included in the cost)
- Then \$49 per month for maintenance
(Optional)