



# IT'S A WRAP — 300+ LBS LOST!

## FROM OLIVIA GREEN— THE WHAC WEIGHT LOSS CHALLENGE COORDINATOR

This year's WHAC weight loss challenge has been such a success. The combination of exercise and the [Biometrics](#) meal plan truly helped participants reap the benefits of improving their health and wellness. We always preach exercise and nutrition go hand in hand, with the introduction of the meal plan clients were able to learn about creating healthy eating habits and excel in their wellness journey. This team challenge was not just about weight loss, we had fun and met some lifelong workout buddies. Through challenges that pushed everyone to work together, our teams built strong relationships. One of my favorite challenges had to be the costume contest, we got to see our teams collaborate to put together some fun costumes, and it pushed people outside their comfort zone. The goal



of this weight loss challenge truly was to create lifelong healthy habits, many people learned from working with their trainers and integrating a nutrition plan. In return, there were many successful participants with weight individual weight losses of over 50 lbs.

### A WORD FROM DRE

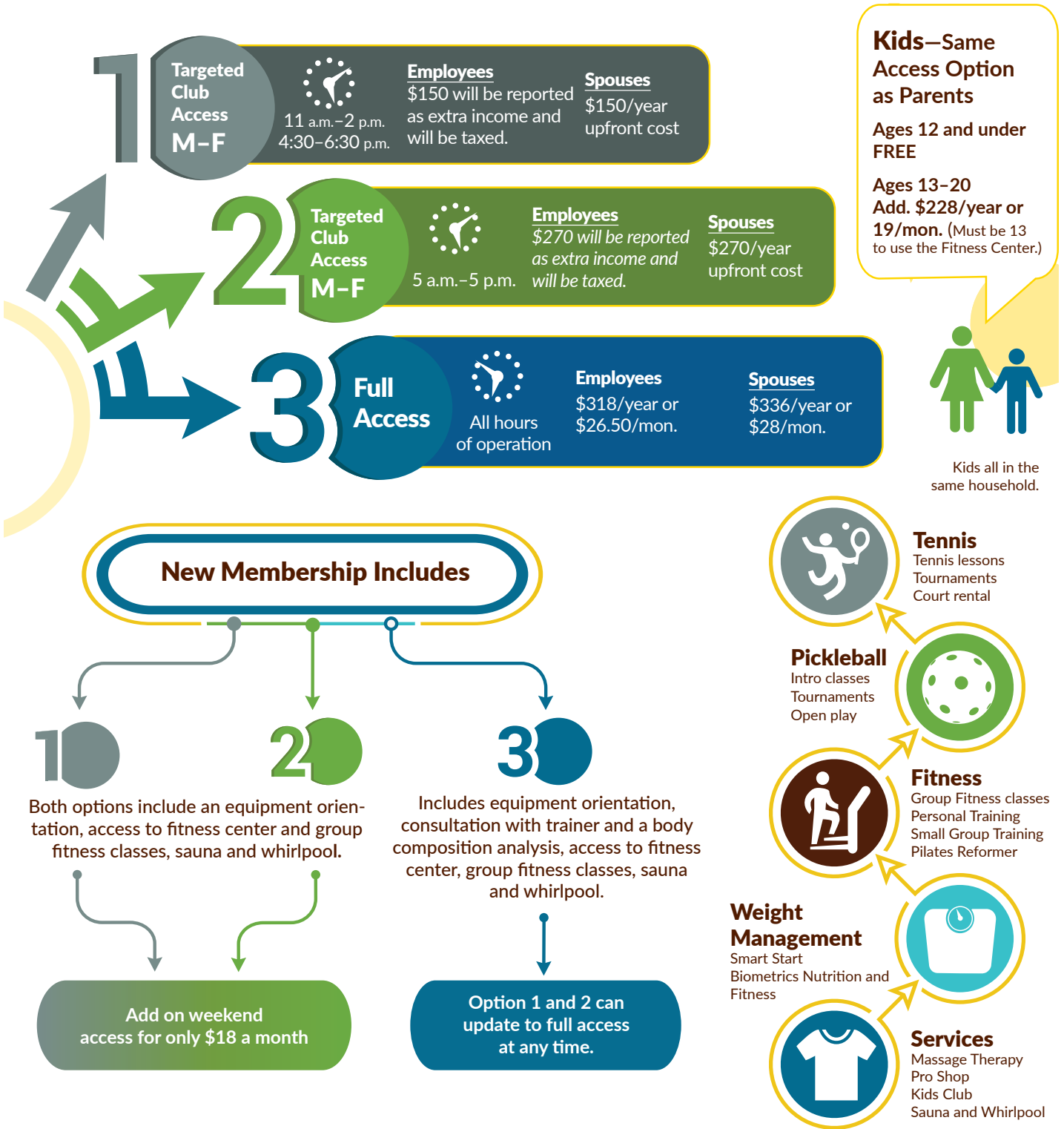
As mentioned by Olivia, this year's challenge was a bit different in the way of including nutrition with physical activity. Our goal was to get away from people going on crash diets and just losing weight at any cost. We all know crash diets don't work long-term. They only hinder your metabolism and cause dramatic muscle loss.

The [Biometrics](#) meal plan and strength training were a true success. We had many participants not only lose significant weight but most of them maintained muscle mass or in some cases even gained muscle mass. This is a big success for long-term health. These lifestyle changes will be carried on as many of our participants continue to work with their teams and trainers. Look for this challenge next year or contact WHAC if you want to start a program now!

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