



2017-2018 Magic Valley Community Offerings

The **St. Luke's FitOne Weight Loss Challenge** is designed to help you achieve a healthy weight and active lifestyle. The goal is to encourage you to lose 3% of your total body weight within 180 days and 7% of your total body weight by the final weigh-in September, 2018.

Continuous Support

- A 2-week online "jump start" plan with recipes and shopping lists
- Monthly e-tips and recipes
- Information via Facebook and the Weight Loss Challenge blog
- Connections with others like you who are working to improve their health

Activity & Exercise Resources

- Special, \$15.00 monthly membership rate to the College of Southern Idaho Recreation Center
- Punch Card for 24 Passes to the YMCA of Twin Falls (2 per month)
- Free 30 Minute Activity Classes Tuesday and Thursday at St. Luke's Cardiac Rehab, 2550 Addison Ave. East Suite C, Twin Falls
 - Instruction Provided by Certified Exercise Physiologists
 - Tuesday/Thursday 4:30 p.m. Beginner & 5:30 p.m. Intermediate

Nutrition Classes & Support

- Cooking for Two, January - 16th- 6 p.m.
- Weight Loss Explained - April 17th - 6 pm

Qualifying Weight Checks

- St. Luke's Healthy U Office – 496 Shoup Ave. West Suite A, 814-9183 - Mon-Fri 11am-1pm
 - Please call 208-814-9183 if you are unable to weigh-in between 11am-1pm.
- CSI Students & Employees - Qualifying weigh-ins held on campus with Jaime Tigue.
 - Mon-Fri 12pm – 3pm, with morning weigh-ins available by appointment
- YMCA Members – Qualifying weigh-ins held at YMCA location
 - Mon-Fri 6am – 8am or 12pm – 3pm
- Weigh-in Dates:
 - Initial: October 23-27, 2017
 - 90-Day: January 15-19, 2018
 - 180-Day: April 16-20, 2018 (3% body weight lost by 180-day weigh-in)
 - Final: September 10-14, 2018 (7% body weight lost by final weigh-in)