

FREQUENTLY ASKED QUESTIONS

What is the EMPOWER?

EMPOWER is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits.

Who can enroll in the EMPOWER?

The program is designed for adults 18 years and older who desire a healthier weight. This program is not intended for individuals specialized needs due to chronic disease or the onset of chronic disease.

How long is the program and how often does it meet?

This is a 12 - week program that meets one time per week. Each weekly session is 60 minutes.

What happens during each weekly session?

Each week participants will weigh in, be introduced to a new topic relevant to weight loss, discuss as a group successes challenges/suggestions around the weekly topic, and develop goals for the upcoming week. Topics covered during the program include: nutrition, physical activity, stress and sleep, positive psychology, goal setting and sustainability.

What can I expect from this program?

This program will introduce participants to behaviors that have been shown to lead to sustained weight loss, and help participants develop those behaviors in ways that fit into their personal lifestyle.

What if I miss a few sessions?

For participants and the group to be successful, attendance each week is necessary. There are not session make up days. In order for you to obtain the best results and maximum benefits, you should attend at least 80% of the classes (10 out of 12 classes)

Will I receive a personalized nutrition or exercise plan in this program?

Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small, modest changes to their behavior within the context of their own life and in support of their weight loss goals. The tools provided during this program, along with the knowledge and support of the group, are used by participants to develop their own nutrition exercise plans that work for them.

Will anyone see my weight during weekly weigh-ins?

Participants weigh in weekly during the 12-week program. This will happen in a private location with only the participant and program facilitator present. Once collected, this information is used only in aggregate form to help assess the program's quality.

What if I decide this is not the right timing for me for this program?

Refunds can only be processed prior to Session 2.

[YMCA] and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") are committed to supporting healthy lifestyles through the YMCA's EMPOWER but do not guarantee any specific outcomes for program participants. The YMCA's EMPOWER is not to diagnose any medical condition or to replace your healthcare provider. Consult your physician before beginning any exercise program and cease physical activity if you experience any pain or difficulty while participating in the YMCA's EMPOWER.