



ANNOUNCING THE OFFICIAL LAUNCH OF THE

ZG KEY YOUTH PROGRAM

Begins June 21, 2014

For all youths, ages 10 to 15 who want to get in shape and learn the skills to maintain a healthy weight and prevent many health issues



Join former Richmond Pediatrician and Weight Management Specialist, Madge Zacharias, M.D., and her team of dietitians, nutrition coaches, exercise physiologists and fitness trainers as they lead young members to enhanced fitness, healthier habits and optimal weight.

WHEN: Saturdays 10 am to 12 noon. ALL ARE WELCOME TO START ANY SATURDAY. Program launch is Saturday, June 21.

HOW: First hour includes weigh in and parent/child education workshop. Second hour is a fun, structured workout for the youth member.

Youth members receive weekly nutrition and workout goals and have access to an additional workout during the week.

ASSESSMENT: Youth members receive a pre-program assessment from which appropriate weight loss goals are established. Assessments include body composition testing, cardiorespiratory testing, and a medical history.

WORKSHOP TOPICS: Eating for Health, Portion Control, Eating Out, Keeping the Body under Control, Eliminating Habits of Weight Gain, Sports Nutrition, Meal Planning, Progress Review and Weekly Goals, Peer Pressure, and more.

TRAINER LED EXERCISE SESSIONS: Fun, challenging, age-appropriate and results oriented. Dan Valenza, CPT, and Cardiokickboxing instructor, will lead the group in an exercise session designed to build strength, coordination, endurance and improve metabolism. One additional workout session available during the week.



WEEKLY LOG, WEEKLY WEIGH IN AND QUARTERLY PROGRESS REPORTS

ZG YOUTH TESTIMONIAL

Meet Jack Wellener



Jack, Age 13, June 2012

Jack started the ZG Program in 2011 during our ZG Summer program. According to Jack, he was skeptical. At age 13 and 260 lbs. he didn't know whether he could or even wanted to lose weight. Jack attended the lectures and learned how to eat to be in control, feel good, and fuel his body properly.



Jack, Age 15, May 2014

Jack says he quickly saw the results and discovered he could adopt healthy lifestyle habits while still enjoying his life.

Since starting the program in 2011, Jack has lost 90 lbs. and feels great. He decreased his percent body fat from 40% to 12½%. Jack plans to take up running this fall. More importantly, he has learned how to eat and train to improve his quality of life and prevent future health issues. Congratulations Jack!

COST: \$475 for the first eight weeks (to include assessment, DVD viewings, workshops, supervised exercise sessions, and monthly reports). After the first eight weeks, \$90 per month on a month to month basis. **SPECIAL:** \$50 discount for all those who start on opening day, Saturday, June 21.

GETTING STARTED: Call 358-1000 and schedule a tour and youth member assessment. If you and your child decide not to join, there is no charge for the assessment.

QUESTIONS: E-mail Madge Zacharias M.D., mzacharias@zghealth.com.

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