

Free Weight Loss Program



Check to see if you qualify for this safe program

Requirements for Participants:

- Must present a written release by their physician authorizing them to participate in a regular exercise program
- Must be 21 – 60 years old
- Have not participated in a regular exercise program within the last year
- Cannot be under medical supervision for diabetes, heart disease or kidney disease
- Cannot have uncontrolled high blood pressure
- Have height and weight according to chart
- Must attend an orientation session and bring physician's release to the orientation session

Research Study at the Sanders/Buckhead YMCA

Be part of a safe, fun, highly-supportive coaching process at the Carl E. Sanders YMCA at Buckhead. Learn to start and stick to an exercise regimen, reduce health risks associated with obesity (Class II) and improve energy levels. Over six months you will be supported by a personal wellness coach who will teach you how to exercise, eat for results and achieve long-term weight loss.

Call Today!
(404) 527-7690

Space is limited and filled on a first-come, first-served basis. Please call **404-527-7690** today and mention the Make a Positive Change study.

Height (Ft/In)	Minimum Weight (lbs.)
4'10"	168
4'11"	174
5'0"	180
5'1"	186
5'2"	192
5'3"	198
5'4"	204
5'5"	211
5'6"	217
5'7"	224
5'8"	230
5'9"	237
5'10"	244
5'11"	251
6'0"	259
6'1"	265
6'2"	273
6'3"	280
6'4"	288
6'5"	303