

METRO42 TeenFit



Good health is a journey, not a destination. Let us help you get started on yours today!

PRICING

\$500/participant

Program runs Sept 11th - Oct 21st

50% deposit required upon enrollment

Fall 2017 will be our first program specifically for teenagers. The principles of the program will be based on our adult Metro42 body transformation program. The program is not only designed to produce healthy weight loss behaviors, it also includes a post 42 nutrition strategy and behavior coaching to ensure the results are sustainable! It is our goal with this program to apply these principles in a way that is appropriate for 14 to 18 year olds.

PROGRAM INTRODUCTION

All participants are required to attend a 2 hour program overview on Monday night, September 11, 2017 from 5:30pm - 7:30pm at our Metro Fitness East location. The presentation will explain our "thrive guide" (your clean eating road map) and talk about how the nutritional part of the program complements the exercise component. Our mental health coach will also speak about sustainability and the mental "shift" necessary to make your results a springboard into a healthy, happy, and active life after the program. We request all participants to be accompanied to this overview session by a parent or guardian so that they can fully understand and support the efforts of their teen. The goal of the program is to create a sense of self-empowerment and build confidence in understanding a healthy relationship with food, activity, and their own body image.

METRO42 BENEFITS



Physical Fitness

The Teen42 exercise sessions will take place as a group on Mondays & Thursdays at our East location from 6:30pm-7:30pm and Saturdays from 11am-12pm. Saturday sessions are followed up with a short nutrition and/or mental health discussion. All training sessions are led by one of our certified personal trainers for 50 - 60 minutes. Registration into the program includes access to the Metro Fitness East Club for activities on other days. Details will be discussed with the group.



Nutrition Health Coaching

Following the "Thrive Guide", teens will be led through 6 weeks of clean eating cycles focused on eating whole and natural foods for fuel. Our health coach reviews nutrition logs submitted each week to provide feedback. Nutrition will also be discussed in a group after Saturday morning workouts.



Mental Health Coaching

Solid nutritional advice and healthy eating combined with expert training sessions provide the foundation for dramatic changes in health in 42 days, but change happens on the inside as well. As part of the Teen42 program, our mental health coach will be here to provide you with the psychological tools and emotional support to make your experience even more successful!



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