



Ramp Up to Weight Loss

Weight loss doesn't always come easy but setting realistic, attainable goals and developing a strategy to achieve them will increase your likelihood of success! Our 16-week program is designed to motivate you to make lifestyle changes that will help create a healthier you! Your health is our number one focus, by utilizing fitness assessments, customizing your exercise programs and personalizing your nutrition, our goal is to help you achieve successful weight loss!

NOW AVAILABLE RAMP UP TO WEIGHT LOSS AT HOME!

We've taken our very successful in-house Ramp Up to Weight Loss membership and created a new and exciting virtual program! Ramp Up to Weight Loss at Home offers a supportive, online 16-week program so you can participate no matter where you are located!

This is not a cookie-cutter, one size fits all program. You will have one-on-one contact with your NIFS trainer and registered dietitian regularly to customize a weight loss program that will work for you.

RAMP UP TO WEIGHT LOSS PROGRAM STARTS WITH:

- An-depth 60-minute orientation session with a Registered Dietitian and/or Exercise Physiologist to discuss goals, concerns, and make a sustainable and realistic plan to reach goals
- Two, 60-minute Personal Fitness Evaluations with Exercise Physiologist. The first will help determine a baseline, and help create a tailored evidenced-based exercise plan before starting exercise sessions. The second session will be done at the end of the program
- A 45-minute exercise routine walkthrough with Exercise Physiologist or Personal Trainer to provide you with a customized warm-up routine and address any concerns you may have regarding your sessions
- Body Composition Analyses using state of the art equipment including BOD POD® and Fit3D (for those local to Indianapolis)



PERSONALIZED WORKOUTS AND PROGRAMMING INCLUDES:

- 2x per week, 30-minute 1:1 personalized exercise sessions with Exercise Physiologist or Personal Trainer to meet you at your fitness level
- Official results sheet of progress and changes made throughout the program
- Exclusive Access to Exercise Library with complete workouts

PERSONAL NUTRITION COACHING INCLUDES:

- Four, 60-minute, monthly 1:1 consultations with Registered Dietitian creating a tailored, realistic, and evidence-based nutritional plan
- Exclusive access to NIFS Nutrition Tracking App
- Weekly food logs reviewed and analyzed by Registered Dietitian
- Weekly support email and access to recipes by our Registered Dietitian



Mary, age 51

Took her health progress to the next level

"The Ramp Up from Home program was just what I needed, just when I needed it. At the beginning of the pandemic, I decided to recommit to fitness and address some long-term health goals. By myself, I was able to achieve many of those weight loss and fitness goals, but after 6 months, my progress plateaued. Sabrina and Kerry tailored their nutrition and exercise advice specifically to my needs, and with the help of Ramp Up from Home, I was able to take my health progress to the next level and reach my targets. It was amazing to be able to do this from home, with the right guidance from Sabrina and Kerry."

Lindsey Recker, MS, RD, NIFS Registered Dietitian
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