***The Humber Center for Healthy Living***

**Participant Information Sheet**

**The mission of The Humber Center for Healthy Living is to:**

*Improve quality of life and health status by teaching individuals the importance of healthy lifestyle choices and giving them the skills to make these healthy behaviours a permanent part of their everyday life.*

**Services provided to participants of The Humber Center for Healthy Living:**

*Phase 1 (September-December 2014):*

1) Full Fitness Assessment at the beginning and end of the phase (60 min/assessment)

2) 2 Personal Training Sessions per week (45-60min/session)

3) 6 Behaviour Change Seminars (30-45 min/seminar)

4) 6 Culinary and Nutrition Seminars (60 min/seminar)

**Total time commitment:** 90-120 minutes/week

*Phase 2 (January-April 2015):*

1) Detailed Diet Analysis (60 min)

2) Personalized Meal Plan (45-60 min)

3) 3 Advanced Culinary Seminars (2 hours/seminar)

4) 3 Nutrition/Diet meetings (30 min/meeting)

3) Full Fitness Assessment at the beginning and end of the phase (60 min/assessment)

4) 1-2 Personal Training Sessions per week (45-60min/session)

**Total time commitment:** 90-120 minutes/week

**Note: The estimated market value of these services is approximately $1500-2000 (~$190-250/month).**

**Workshops will be on Wednesdays from 11:40 am - 12:30pm**