

Wellness News

JANUARY 2026

Jan. 12–March 20, 2026



MEET YOUR 2026 GOAL!

HAVE YOU BEEN CURIOUS ABOUT WHAT MACRO NUTRIENTS ARE?

Then this year's 10-week Weight Loss Challenge, Jan. 12–March 20, 2026, is for you. This year's focus is on customized macronutrient guidelines, nutrition and macro tracking education as well as 1-on-1 nutritional and progress check-in during week five with the Weight Loss Challenge coordinator.

Our trainers have cited research that shows 95% of dieters will regain their losses within two years if they have lost weight with restrictive or trending diets. Let West Hills trainers help you create lifestyle changes to make your weightloss sustainable.

Join a team by Jan. 9!

**FOR MORE INFO AND
TO REGISTER ONLINE >**



BIOMETRICS FOR THE WIN!

Keith Grafos shares his transformative experience with a six-week Biometrics Nutrition and Fitness program. Initially skeptical, he found the process surprisingly easy and effective compared to previous attempts with packaged meals, supplements, and pills. The program's success lies in its structured meal plan based on portion control and eating frequency, combined with strength training to preserve muscle and ensure fat loss. Heath appreciated the simplicity—complete shopping lists, normal foods like turkey sandwiches and chocolate cake in proper portions—and the supportive environment, including personalized training and encouragement from staff.

Results were dramatic

Heath lost 41 pounds of fat and 24 inches in measurements in 6 weeks, and has since continued to lose weight, totaling 87 pounds. He credits the program with saving his life and strongly advocates for others to try it, emphasizing that while effort is required, the results are life-changing.

FOR MORE INFO >

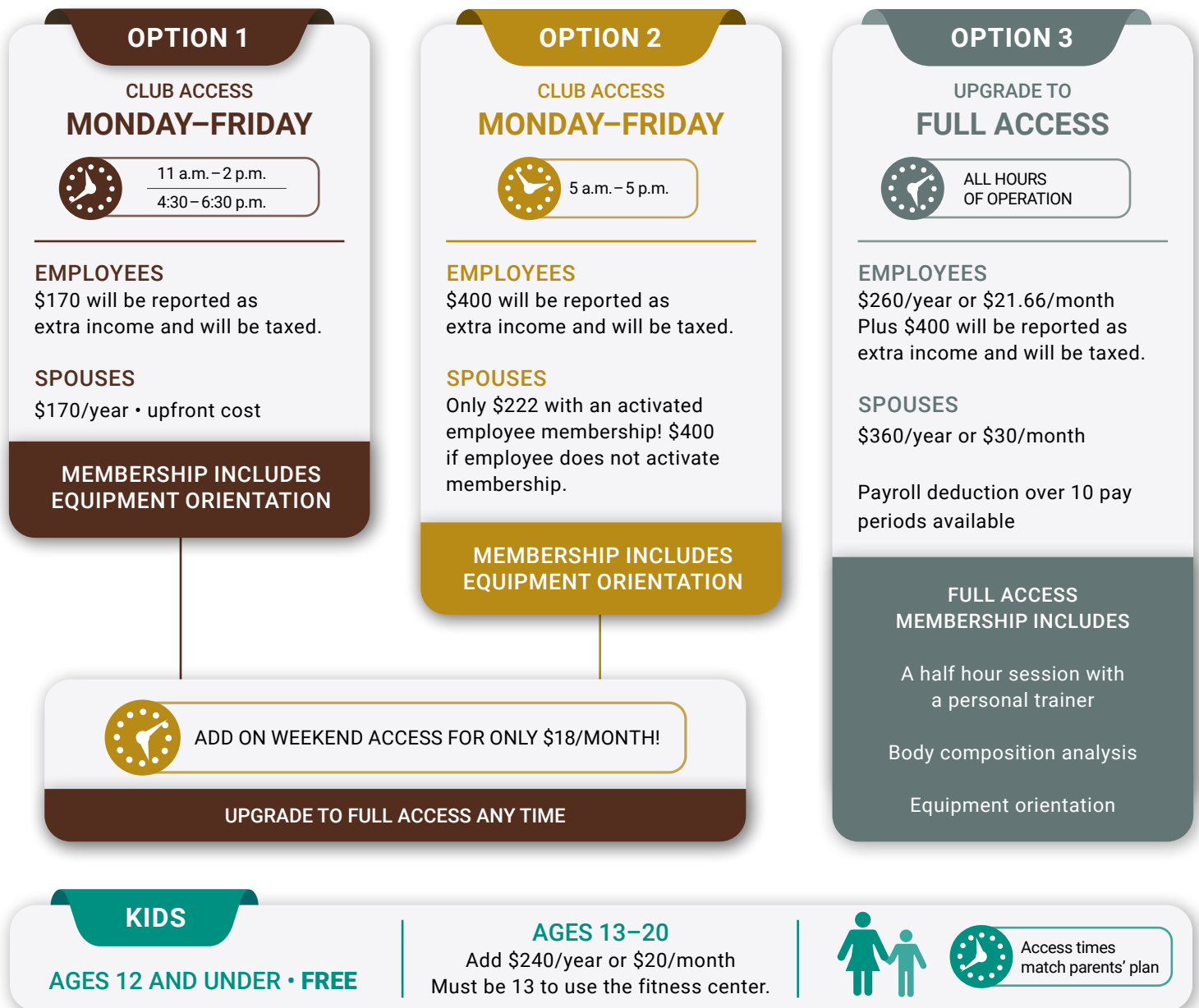


MEMBERSHIP OPTIONS **BENEFITS ELIGIBLE EMPLOYEES**

See all West Hills has to offer at wmich.edu/westhills

TAKE ADVANTAGE OF YOUR **FREE** MEMBERSHIP!

Every full-time WMU employee has a membership at West Hills Athletic Club, all you have to do is activate it! Your membership is redeemable as a taxable benefit. For questions or to schedule a tour, please call (269) 387-0410.



For questions or to set up a tour of West Hills Athletic Club, please call (269) 387-0410.

MORE INFO >