

# 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 >**



**I firmly believe that this saved my life.**

## 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](http://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.

#### OPTION 1

##### CLUB ACCESS

##### MONDAY–FRIDAY



11 a.m.–2 p.m.  
4:30–6:30 p.m.

##### EMPLOYEES

\$170 will be reported as extra income and will be taxed.

##### SPOUSES

\$170/year • upfront cost

##### MEMBERSHIP INCLUDES EQUIPMENT ORIENTATION



ADD ON WEEKEND ACCESS FOR ONLY \$18/MONTH!

#### KIDS

##### AGES 12 AND UNDER • **FREE**

#### OPTION 2

##### CLUB ACCESS

##### MONDAY–FRIDAY



5 a.m.–5 p.m.

##### EMPLOYEES

\$400 will be reported as extra income and will be taxed.

##### SPOUSES

Only \$222 with an activated employee membership! \$400 if employee does not activate membership.

##### MEMBERSHIP INCLUDES EQUIPMENT ORIENTATION

#### OPTION 3

##### UPGRADE TO

##### FULL ACCESS



ALL HOURS  
OF OPERATION

##### EMPLOYEES

\$260/year or \$21.66/month  
Plus \$400 will be reported as extra income and will be taxed.

##### SPOUSES

\$360/year or \$30/month

Payroll deduction over 10 pay periods available

##### FULL ACCESS MEMBERSHIP INCLUDES

A half hour session with a personal trainer

Body composition analysis

Equipment orientation

#### KIDS

##### AGES 12 AND UNDER • **FREE**

#### AGES 13–20

Add \$240/year or \$20/month  
Must be 13 to use the fitness center.



Access times match parents' plan

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

[MORE INFO >](#)