This year’s WHAC weight loss challenge has been such a success. The combination of exercise and the Biometrics meal plan truly helped participants reap the benefits of improving their health and wellness. We always preach exercise and nutrition go hand in hand, with the introduction of the meal plan clients were able to learn about creating healthy eating habits and excel in their wellness journey. This team challenge was not just about weight loss, we had fun and met some lifelong workout buddies. Through challenges that pushed everyone to work together, our teams built strong relationships. One of my favorite challenges had to be the costume contest, we got to see our teams collaborate to put together some fun costumes, and it pushed people outside their comfort zone. The goal of this weight loss challenge truly was to create lifelong healthy habits, many people learned from working with their trainers and integrating a nutrition plan. In return, there were many successful participants with weight individual weight losses of over 50 lbs.

A WORD FROM DRE
As mentioned by Olivia, this year’s challenge was a bit different in the way of including nutrition with physical activity. Our goal was to get away from people going on crash diets and just losing weight at any cost. We all know crash diets don’t work long-term. They only hinder your metabolism and cause dramatic muscle loss.

The Biometrics meal plan and strength training were a true success. We had many participants not only lose significant weight but most of them maintained muscle mass or in some cases even gained muscle mass. This is a big success for long-term health. These lifestyle changes will be carried on as many of our participants continue to work with their teams and trainers. Look for this challenge next year or contact WHAC if you want to start a program now!

Call: (269) 387-0410, or EMAIL NOW >
MEMBERSHIP
Options for benefits-eligible employees

1. Targeted Club Access M–F
   - Employees $150 will be reported as extra income and will be taxed.
   - Spouses $150/year upfront cost
   - 11 a.m.–2 p.m.
   - 4:30–6:30 p.m.

2. Targeted Club Access M–F
   - Employees $270 will be reported as extra income and will be taxed.
   - Spouses $270/year upfront cost
   - 5 a.m.–5 p.m.

3. Full Access
   - All hours of operation
   - Employees $318/year or $26.50/mon.
   - Spouses $336/year or $28/mon.

New Membership Includes
- Both options include an equipment orientation, access to fitness center and group fitness classes, sauna and whirlpool.
- Add on weekend access for only $18 a month
- Option 1 and 2 can update to full access at any time.

Kids—Same Access Option as Parents
- Ages 12 and under FREE
- Ages 13–20 Add. $228/year or 19/mon. (Must be 13 to use the Fitness Center.)

Kids all in the same household.

Tennis
- Lessons
- Tournaments
- Court rental

Pickleball
- Intro classes
- Tournaments
- Open play

Fitness
- Group Fitness classes
- Personal Training
- Small Group Training
- Pilates Reformer

Weight Management
- Smart Start
- Biometrics Nutrition and Fitness

Services
- Massage Therapy
- Pro Shop
- Kids Club
- Sauna and Whirlpool

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