

**Lose It For Life 11.0 – Class Syllabus**  
New Hope North – 2010 Fall L.I.F.E. Program  
August 25, 2010 – November 17, 2010  
Room C110J

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**Texts:**

*Lose It For Life: The Total Solution* by Stephen Arterburn and Dr. Linda Mintle  
*Lose It For Life Day by Day* by Stephen Arterburn, Janelle Puff and Misty Conaway

**Description:**

Most weight-loss plans will help you drop a few pounds, but for how long? You deserve better. This class is based on “Lose It For Life”, a uniquely balanced program that deals with the physical, emotional, and spiritual elements that lead to permanent weight loss.

**Goals:**

1. Help each participant improve their health and lose excess weight
2. Help each participant accept God’s gift of healthy living
3. Inspire each participant to help others improve their health and accept God’s gifts

**Requirements:**

This is a rigorous course! Each participant is expected to prepare for class by doing the assigned reading, completing necessary homework, and participating in class activities. In addition to class activities, students will be encouraged to keep a nutrition and exercise log during the course.

**Resources:**

In addition to the reading material, students should bring a hand towel, water bottle and come to class dressed appropriately for the evening’s workout. Optional equipment: heart rate monitor.

**Evaluation:**

Participants will set their own goals for the class and will evaluate their own progress in light of those goals at the end of the course.

## Course Schedule for Fall 2010

| Week   | Topic                          | Reading             |
|--|--------------------------------|---------------------|
| 1 – August 25 <sup>th</sup>                                  | Let's begin...                 | None                |
| 2 – September 1 <sup>st</sup>                                | Seven Keys to Success          | Ch. 1               |
| 3 – September 8 <sup>th</sup>                                | Reality – Part 1               | Ch. 2               |
| 4 – September 15 <sup>th</sup><br>September 22 <sup>nd</sup> | Reality – Part 2<br>FALL BREAK | Ch. 3<br>(No Class) |
| 5 – September 29 <sup>th</sup>                               | Putting It Together            | Ch. 4               |
| 6 – October 6 <sup>th</sup>                                  | Eats                           | Ch. 5               |
| 7 – October 13 <sup>th</sup>                                 | Exercise                       | Ch. 6               |
| 8 – October 20 <sup>th</sup>                                 | Emotions                       | Ch. 7               |
| 9 – October 27 <sup>th</sup>                                 | Change the View                | Ch. 8               |
| 10 – November 3 <sup>rd</sup>                                | Change the Do                  | Ch. 9               |
| 11 – November 10 <sup>th</sup>                               | Your Community                 | Ch. 10              |
| 12 – November 17 <sup>th</sup>                               | Staying the Course             | Ch. 11              |

### Class Format

We believe the only effective path to sustainable weight loss is one that includes exercise, nutrition, education, and prayer. Because of that we have divided the class into two parts. If you are serious about weight loss, we recommend that you participate in both parts of the class each evening.

#### Part I – Wednesday Night Stroll (Walk / Run) workout from 6-7pm

Wednesday Night Stroll - Join us for a light workout outside with your option of a walk, jog, or run. Meet in the upstairs rotunda, right in front the Church library. Bring a water bottle, wear you walking/running shoes, and perhaps bring a hand towel. No one gets left behind! We'll have two groups: walkers and runners. Walkers will stay on campus and walk along the painted walking path lines. Runners will run the New Hope Harvest Classic 5K course. During periods of diminished sunlight, please wear a reflective vest (if you have one) and/or bring a small flashlight. Led by Joe & Mary Catherine Domaleski.

#### Part II – Lose It For Life Class & Meal 7-8pm (Meet in our classroom, C110J)

After the workout, towel off and join us for classroom discussion and a special nutritious meal prepared by the New Hope staff. If you want the meal, you must contact the Church ahead and make your reservation. You can go to the Church website at <http://www.newhopebc.org> or you can call the office at (770) 461-4337 for meal reservations. The meal is \$6 per person. Led by Joe & Mary Catherine Domaleski

### About Your Instructors

Joe and Mary Catherine Domaleski are a husband/wife team who love the Lord and enjoy sharing God's gift of exercise with others. Both are AFAA certified personal trainers and group exercise instructors. Mary Catherine has additional certifications in Pilates, Group Power, Group Ride, Spinning, YogaFit, Heart Zones and Centergy. Mary Catherine loves riding, kayaking, and being outdoors. She is a full-time personal trainer and exercise leader with her business – Southside Fitness. Mary Catherine is also an Advocate Advisor / Fitness Consultant. Joe is a certified USA Triathlon coach and USA Cycling coach. He has certifications in Group Power, Group Ride, Spinning, and Heart Zones. Joe enjoys running, cycling, and most "legs & lungs" sports. He has competed in many endurance races including the Boston Marathon and Ironman triathlon. When he's not exercising, Joe owns/operates AIS Solutions Group, a technology consulting company based in Peachtree City. Joe is also the 2010 Chairman of the Board for the Fayette County Chamber of Commerce. Mary Catherine and Joe have been married for 16 years and have three wonderful children. They are members of New Hope.