The goal of the Auburn University Healthy Weigh Challenge is to empower the Auburn community to achieve healthy lifestyle change. We want you to be the happiest, healthiest version of “you.” Our team will provide the tools, and will coach and encourage you in the areas of fitness, nutrition, and overall life balance.

The Healthy Weigh Challenge includes semi-private personal training, a nutritional consultation, three assessments, weekly weigh-ins, cooking workshops and more!
The cost of the 12-week program is $195 for students, $225 for members and $375 for non-members.

Register at: campusrec.auburn.edu
Select RWC Connect.

QUESTIONS?
Program Coordinator: Susannah Taylor
Email: campusrec@auburn.edu
Web: campusrec.auburn.edu/challenge

WHAT’S INCLUDED

- Three fitness assessments
- Weekly weigh-ins
- Group Fitness Class Pass
- Two small group training sessions per week
- Session with Dr. Brandy Smith from Student Counseling Services
- Two one-on-one nutritional assessments with registered dietician
- Maintenance Plan
- 3 cooking workshops with Executive Chef, Emil Topel and his assistants at Tiger Dining
- Grocery Store Tour
- One-on-one goal setting session with fitness coordinator

DATES
Registration Begins July 1
Program Dates August 29 - November 18
Kick-Off Meeting August 23 @ 5:30 p.m.
Dr. Brandy Smith Successfully Making Changes September 8 at 5:30 p.m.
Mid-Point Assessments October 5-7
Final Assessments November 16-18
Cooking Workshops September 14, October 11, and November 10 5:30 p.m.

COST
The cost of the 12-week program is $195 for students, $225 for members and $375 for non-members.

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“Auburn University Healthy Weigh Challenge is a program that encourages and shapes discipline, patience, tenacity, and will. Let us prove to you that your body can do more than you think!”
– Joe Hwang, Trainer