



Saint Mary's

A member of CHW

NEWS RELEASE

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Kick-Start the Summer with Saint Mary's Four-Week Weight-Loss Program
-Program Offers Fitness, Nutrition and Weight Management Guidance-

RENO, Nev. Friday, May 7– Summer is right around the corner, and Saint Mary's Center for Health and Fitness is offering a new weight loss program designed to motivate participants to reach their fitness and weight loss goals. During the four-week program, participants needing to lose 35 pounds or more will have the opportunity to meet with fitness and nutrition experts to form healthy habits and workout routines, and learn more about the importance of weight management. Beginning on Monday, June 7, and ending on Friday, July 2, the program will be offered to the first 10 registered participants. Registration begins on Thursday, May 10, at 5 a.m. Call 770-3800 to sign-up.

"After struggling to lose weight most of my adult life, I knew I needed to make some drastic changes," said Sue Arzillo, personal trainer at Saint Mary's Center for Health and Fitness. "I started working out with a trainer and met with a dietitian and have since lost 50 pounds. I feel incredible and now I want to share my experience with others and let people know that starting a new, healthy lifestyle is easy and attainable at any age or weight."

The new program will offer several resources to participants interested in achieving their long-term fitness and weight loss goals, including pre- and post-assessments, two half-hour personal training sessions per week, weekly nutrition and support group meetings, and confidential weigh-ins each week with a registered dietitian. The month-long program is \$249 for members and \$299 for non-members.

If you are interested in registering for the program or would like more information, contact Lisa Barella at the Saint Mary's Center for Health and Fitness at 770-7875 or via email at lisa.barella@clubone.com.

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About Saint Mary's

In 2009 Saint Mary's celebrates 101 years of delivering compassionate, high-quality, affordable health services to northern Nevada. Founded in 1908 by the Dominican Sisters of San Rafael, Saint Mary's is a member of the Catholic Healthcare West family of hospitals and medical centers in Arizona, California, and Nevada. As a fully integrated, faith-based healthcare system with 380 licensed beds, approximately 2,300 employees, 850 affiliated physicians, and 300 volunteers, Saint Mary's provides a wide variety of inpatient, outpatient, and community services to go Well Beyond for the community we serve. For more information, please visit www.saintmarysreno.org.

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About Catholic Healthcare West

Catholic Healthcare West (CHW) is the eighth largest hospital system in the nation and the largest not-for-profit hospital provider in California. Founded in 1986, the CHW network of more than 10,000 physicians and approximately 53,000 employees serves a population spanning 22 million people at 41 hospitals across California, Arizona, and Nevada. CHW is committed to delivering compassionate, high-quality, affordable health care services with special attention to the poor and underserved. In 2008, CHW provided \$967 million in charity care, community benefits, and unreimbursed patient care. For more information, please visit our website at www.chwHEALTH.org.