

Weight Watchers Program

Coffee Street Fitness Welcomes Community Members & Guest Tourist

Coffee Street Fitness has brought Weight Watchers to Lanesboro, MN for a new addition to its continued focus on the health and wellness in our community. Coffee Street Fitness is hosting Weight Watchers weekly group discussion meetings and confidential weigh-ins to bring their proven weight management services onsite for the benefit and convenience of the community.

The onsite program will be available for anyone who wants to join the group -- Coffee Street Fitness members and members of the community will join together as a team to lose weight and improve their health. The group meets every Wednesday from 5:45-6:45 p.m. with the weigh-in starting at 5:45 p.m. and a 30-minute meeting starting at 6:15 p.m. The onsite meeting offers a trusting environment, great camaraderie, and a source of support – all of which contribute to weight loss success.

Weight Watchers has a proven program designed to help members develop a healthier lifestyle and sustainable weight loss. Weight Watchers now has a new plan called WW Freestyle. Members lost 10% more weight on WW Freestyle than on our prior program.

WW Freestyle is proven to help people lose weight, sleep better, and feel happier.

#1 Best Diet for Weight Loss for the 9th year in a row! It's proven and it fits your life. There's never a better time to join WW (Weight Watchers).

WW Freestyle offers delicious recipes for meals focused around “real food” found in grocery stores – without the deprivation and hunger associated with diets. Members can personalize their plan to meet dietary needs (gluten-free) or personal preferences (low carbohydrates, power foods and dessert).



FREESTYLE

If you would like to learn more, please join in on one of our Meetings on Wednesday Evening 6:15 p.m.

No food is off limit!

On Weight Watchers you can eat anything - but you can't eat everything. Weight Watchers will help you figure out how much is too much so you don't end up eating way more than you think.

Coffee Street Fitness & Dance can also help you speed up your weight loss and get that sleek toned body with a motivating exercise plan or many of the calorie burning and strength training classes that are offered at the Fitness Center! **So please, come join us because we all have a story to tell!** We also make lots of new friends working toward the same goals!