

JEWISH COMMUNITY CENTERS
OF GREATER BOSTON
Leventhal-Sidman JCC
333 Nahanton Street • Newton
617-558-6522
jccgb.org



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HEALTH & FITNESS



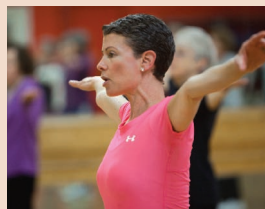
Get even better results!

Combine JCC nutrition counseling with personal training or free group fitness classes at the JCC.



Personal Training

Reach new fitness levels by training with one of the JCC's certified, professional personal trainers. Build strength, improve flexibility, prevent injury. Anyone can benefit from personal training. Stop by the trainers' desk in the fitness center or contact personaltraining@jccgb.org or 617-558-6458 (or x-6459).



Free Group Fitness Classes

Stay motivated, have fun and get fit in one of the JCC's 20 different group fitness classes. JCC group fitness enthusiasts get energy from each other in more than 70 free classes per week. Pick up a group fitness class schedule in the main lobby or fitness wing at the JCC.

Nutrition Counseling

at the Leventhal-Sidman JCC

- Learn how to make healthy food choices for you and your family
- Improve your health and fitness
- Get help managing your weight
- Reduce your risk of heart disease and diabetes

JCC
BOSTON

Proper nutrition is a vital component of overall good health. Learn how to make healthy food choices, improve your fitness and reduce your risk of certain diseases by consulting with the JCC's licensed registered dietitian.

Nutrition counseling at the JCC can help you:

- Create a healthier diet for you and your family
- Find and maintain a healthy weight
- Manage celiac disease or food allergies and intolerances
- Eat a healthy diet during pregnancy and breastfeeding
- Establish good eating habits for infants and children
- Manage feeding issues for children with special healthcare needs and picky or restrictive eaters



The JCC's licensed registered dietitian is available for personal consultations with children, teens, adult men and women, prenatal and breastfeeding women, and parents of infants.

A one-hour consultation is recommended. The service is open to JCC members and nonmembers. Appointment times are flexible and can be scheduled by contacting nutrition@jccgb.org or 617-558-6458.



JCC Nutrition Counseling rate

One-hour consultation: \$100

Nutrition services are covered by some health insurers. Check with your provider.

The JCC also offers a comprehensive 12-week weight loss program called Take It Off that includes an exercise component. To learn more, contact takeitoff@jccgb.org or 617-558-6458.

take it off 
weight loss program