The Spring 2015 Spartan Slimdown is a nine-week weight loss and lifestyle change program offered by the McNiff Fitness Center for up to 12 UT students. Guided by a nationally certified and experienced personal trainer, participants engage in three, one-hour group workouts per week. In addition, participants workout with another participant three times per week. Participants use My Fitness Pal to keep track of eating habits and meet regularly with a certified nutrition specialist. Every other Friday, the group will gather for their progress assessment and a group challenge. The goal of the program is not only to lose weight, but to encourage healthy, lifelong exercise, eating and stress reduction habits while creating a support group of friends.

**HOW TO PARTICIPATE**

Unlike group fitness classes or personal training, Spartan Slimdown requires students submit an application to participate. The program requires nine weeks of dedication of an average of five hours per week commitment in order to be successful. Group training will be every Tuesday and Thursday from 3-4pm. and Friday mornings, time to be announced later. Applications for the Spring 2015 semester are due Friday, Jan. 30, 2015. Applications are accessible online. The fee to participate is $60 and is due only when accepted into the program. Students who complete the program are reimbursed $30.

The Spring 2015 program will start Feb. 3. Please check back regularly for more updates.